

1. Today psychology is formally defined as the scientific study of behavior and mental processes.  
A) True  
B) False
  
2. The four basic goals of psychology are to (1) describe, (2) explain, (3) predict, and (4) control or influence behavior and mental processes.  
A) True  
B) False
  
3. More than 2,000 years ago the Greek philosopher Aristotle wrote extensively about psychological topics such as sleep, dreams, the senses, and memory.  
A) True  
B) False
  
4. René Descartes promoted a doctrine called interactive monism, an idea that the mind and the body are one entity that produces sensations, emotions, and other conscious experiences.  
A) True  
B) False
  
5. For centuries, philosophers debated which was more important: the inborn nature of an individual or the environmental influences that nurture the individual.  
A) True  
B) False
  
6. Many of the issues that are central to contemporary psychology have been debated for hundreds of years.  
A) True  
B) False
  
7. The established science MOST responsible for the emergence of psychology as a scientific discipline was physiology.  
A) True  
B) False

8. Physiology is a branch of biology that studies the functions and parts of living organisms, including humans.
  - A) True
  - B) False
  
9. Physiology is the idea that mind and body are separate entities.
  - A) True
  - B) False
  
10. The event that marked the formal beginning of psychology as a separate experimental science occurred when William James taught the first course in psychology at Harvard University in the early 1870s.
  - A) True
  - B) False
  
11. Wilhelm Wundt wrote a landmark textbook titled *Principles of Physiological Psychology* in the 1870s and promoted his belief that psychology should be established as a separate scientific discipline.
  - A) True
  - B) False
  
12. Wilhelm Wundt defined psychology as the study of consciousness and emphasized the use of experimental methods to study and measure consciousness.
  - A) True
  - B) False
  
13. Williams James's book titled *Principles of Psychology* provided the basis for the development of a new school of psychology called behaviorism.
  - A) True
  - B) False
  
14. Charles Darwin was the author of the landmark book on evolution entitled *On the Origin of Species*.
  - A) True
  - B) False

15. Charles Darwin's book *On the Origin of Species* had a profound effect on William James and influenced his ideas about the importance of adaptation to environmental changes.
  - A) True
  - B) False
  
16. The first major school of thought in psychology was called structuralism.
  - A) True
  - B) False
  
17. The school of thought in psychology called structuralism held that even our most complex conscious experiences could be broken down into elemental structures, or component parts, of sensations and feelings.
  - A) True
  - B) False
  
18. William James developed the technique called introspection as a way for people to tap into their unconscious.
  - A) True
  - B) False
  
19. Introspection was not a good method for psychologists to utilize because this method could not be used to study a variety of complex topics, such as learning, development, mental disorders, and personality.
  - A) True
  - B) False
  
20. William James played a key role in establishing psychology in the United States.
  - A) True
  - B) False
  
21. Functionalism stressed the importance of how behavior allows people and animals to adapt to their environments.
  - A) True
  - B) False

22. Both the functionalists and the structuralists thought that psychology should focus on the study of conscious experiences.
- A) True
  - B) False
23. William James's writings were the basis for a new school of psychology called functionalism.
- A) True
  - B) False
24. Whereas structuralists were concerned with the study of conscious experiences, functionalists abandoned the study of conscious experiences, favoring the study of overt measurable behavior.
- A) True
  - B) False
25. Both G. Stanley Hall and Mary Whiton Calkins were psychologists who were originally students of Wilhelm Wundt.
- A) True
  - B) False
26. Mary Whiton Calkins was the first woman president of the American Psychological Association and the author of a comprehensive textbook on psychology.
- A) True
  - B) False
27. Harvard University awarded Mary Whiton Calkins her Ph.D., but only after William James intervened on her behalf.
- A) True
  - B) False
28. Harvard University refused to award Mary Whiton Calkins her Ph.D. in psychology because she was a woman and at that time, Harvard was not a coeducational institution.
- A) True
  - B) False

29. The first American woman to earn an official Ph.D. in psychology and the second woman to be elected president of the American Psychological Association was Margaret Floy Washburn.  
A) True  
B) False
30. Francis C. Sumner was the first African American to earn a Ph.D. in psychology.  
A) True  
B) False
31. Psychoanalysis emphasized the role of early childhood experiences and unconscious conflicts in determining behavior and personality.  
A) True  
B) False
32. According to Freud glimpses of unconscious impulses were revealed in everyday life in dreams, memory blocks, and slips of the tongue.  
A) True  
B) False
33. Ivan Pavlov demonstrated that dogs could learn to associate a neutral stimulus, such as the sound of a bell, with an automatic response, such as reflexively salivating to food.  
A) True  
B) False
34. John B. Watson believed that conscious processes were worthy of study for psychology and promoted the use of introspection as a technique for studying such processes.  
A) True  
B) False
35. Like earlier psychologists Watson and the behaviorists focused on the study of mental processes and conscious experience.  
A) True  
B) False

36. A young, dynamic psychologist named John Watson said, "Behaviorism, on the contrary, holds that the subject matter of human psychology *is the behavior of the human being*. Behaviorism claims that consciousness is neither a definite nor a usable concept. The behaviorist, who has been trained always as an experimentalist, holds, further, that belief in the existence of consciousness goes back to the ancient days of superstition and magic."
- A) True  
B) False
37. In compelling experimental demonstrations B. F. Skinner systematically used reinforcement or punishment to shape the behavior of rats and pigeons.
- A) True  
B) False
38. John Watson and B. F. Skinner were two important American psychologists associated with the school of behaviorism.
- A) True  
B) False
39. The goal of psychologists Abraham Maslow and Carl Rogers was to discover the fundamental principles of learning.
- A) True  
B) False
40. Rejecting the study of conscious experience Carl Rogers and Abraham Maslow were behaviorists who emphasized the importance of observable behaviors.
- A) True  
B) False
41. Because humanistic psychology was distinctly different from both psychoanalysis and behaviorism it was sometimes referred to as the "third force" in American psychology.
- A) True  
B) False
42. Humanistic psychology was largely founded by the American psychologist B. F. Skinner.
- A) True  
B) False

43. Carl Rogers emphasized the conscious experiences of his patients, including each person's unique potential for psychological growth and self-direction.  
A) True  
B) False
44. Abraham Maslow, a humanistic psychologist, developed a theory of motivation that emphasized psychological growth.  
A) True  
B) False
45. Like psychoanalysis, humanistic psychology included influential theories of personality and a form of psychotherapy.  
A) True  
B) False
46. Although the biological perspective was important when psychology was first founded, it is of little interest in contemporary psychology.  
A) True  
B) False
47. Neuroscience, an area within the biological perspective, refers to the study of the nervous system, especially the brain.  
A) True  
B) False
48. The behavioral perspective of psychology focuses on how behavior is acquired through unconscious influences and early childhood experiences.  
A) True  
B) False
49. The humanistic perspective of psychology focuses on the motivation of people to grow psychologically.  
A) True  
B) False

50. Positive psychology is a field of psychological research that focuses on the study of positive emotions and psychological states, positive individual traits, and the social institutions that foster these qualities in individuals and communities.  
A) True  
B) False
51. Positive psychology focuses on developing therapeutic techniques that increase personal well-being rather than just alleviating the troubling symptoms of psychological disorders.  
A) True  
B) False
52. Cognitive psychology developed as a reaction against the use of computers in science and industry.  
A) True  
B) False
53. Cognitive psychologists did not agree with the behavioral perspective in psychology, because cognitive psychologists thought that it was important to investigate how mental processes influence behavior.  
A) True  
B) False
54. The emergence of the cognitive perspective in psychology in the 1960s represented a return to psychology's historical roots by focusing on how mental processes influence behavior.  
A) True  
B) False
55. The development of the first computers in the 1950s was a contributing factor to the cognitive revolution in psychology.  
A) True  
B) False
56. By the late 1980s, cross-cultural psychology had emerged in full force.  
A) True  
B) False



57. Cross-cultural psychologists have found that Chinese individuals worked harder on a task when they were alone compared to when they worked in groups.  
A) True  
B) False
58. Cross-cultural psychologists have found that there are no psychological processes that are shared by all humans.  
A) True  
B) False
59. Culture is a broad term that refers to the attitudes, values, beliefs, and behaviors shared by a group of people and communicated from one generation to another.  
A) True  
B) False
60. Studying the differences among various cultures that exist in the world today and examining their influence on behavior are the fundamental goals of cross-cultural psychology.  
A) True  
B) False
61. Norms of social behavior are virtually identical in all developed countries.  
A) True  
B) False
62. Cultural norms are unwritten rules of behavior that are acted on with little thought once they have been internalized.  
A) True  
B) False
63. It is a universal cultural norm that infants and toddlers are not routinely supposed to sleep in the same bed as their parents.  
A) True  
B) False

64. To promote greater tolerance and acceptance of cultural differences, ethnocentrism should be encouraged.  
A) True  
B) False
65. Ethnocentrism is the use of our own culture as the standard for judging other cultures.  
A) True  
B) False
66. Individualistic cultures emphasize the importance of the needs and goals of the group over those of an individual.  
A) True  
B) False
67. Collectivistic cultures are cultures that stress individual goals and achievements over the goals and achievements of the group.  
A) True  
B) False
68. Many cultures are neither completely individualistic nor completely collectivistic, but fall somewhere between the two extremes.  
A) True  
B) False
69. Biological psychology refers to the application of the principles of evolution to explain psychological processes and phenomena.  
A) True  
B) False
70. Evolutionary psychology is most interested in the evolution of the unconscious into consciousness.  
A) True  
B) False

71. According to proponents of evolutionary psychology organisms that inherit characteristics that increase their chances of survival in their particular habitat are more likely to survive, reproduce, and pass on their characteristics to their offspring.  
A) True  
B) False
72. Psychologists who take the evolutionary perspective apply the principles of evolution, including natural selection, to explain psychological processes and phenomena.  
A) True  
B) False
73. Evolutionary psychologists emphasize studying the physical bases of human and animal behavior, including the nervous system, endocrine system, immune system, and genetics.  
A) True  
B) False
74. Psychologists have concluded that it is impossible to apply the principle of natural selection to psychological processes.  
A) True  
B) False
75. Clinical psychologists study people with psychological disorders, while psychiatrists actually treat them.  
A) True  
B) False
76. A clinical psychologist holds a doctorate in clinical psychology, whereas a psychiatrist holds a medical degree.  
A) True  
B) False
77. A clinical psychologist can hospitalize people and order biomedical therapies, such as transcranial magnetic stimulation (TMS) or electroconvulsive therapy (ECT).  
A) True  
B) False

78. According to the text, among psychologists who recently received their doctorate, most chose "clinical psychology" as their specialty area.
- A) True
  - B) False
79. According to the text, the most common employment setting for psychologists is working for the federal government.
- A) True
  - B) False
80. Biological psychologists study the relationship between psychological processes and the body's physical systems, including the brain and the rest of the nervous system, the endocrine system, the immune system, and genetics.
- A) True
  - B) False
81. Dr. Rice studies the causes, diagnosis, treatment, and prevention of different types of psychological disorders, such as anxiety, major depressive disorder, and eating disorder. She is most likely a clinical psychologist.
- A) True
  - B) False
82. Cognitive psychologists primarily investigate the social, psychological, and physical changes that occur at different ages and stages of the lifespan.
- A) True
  - B) False
83. Dr. Bremmer investigates mental processes, including reasoning and thinking, problem solving, memory, perception, mental imagery, and language. Dr. Bremmer is a cognitive psychologist.
- A) True
  - B) False
84. Counseling psychology helps people adjust, adapt, and cope with personal and interpersonal problems; improves well-being; alleviates distress and maladjustment; and resolves crises.
- A) True
  - B) False

85. Educational psychology is a specialty area in psychology that applies psychological principles and theories to methods of learning.  
A) True  
B) False
86. Educational psychologists focus on causes, diagnosis, treatment, and prevention of psychological disorders.  
A) True  
B) False
87. Experimental psychology is a term used to describe research focused on basic psychological topics such as sensory and perceptual processes, and principles of learning, emotion, and motivation.  
A) True  
B) False
88. Educational psychology is a specialty area that investigates research focused on basic psychological topics such as sensory and perceptual processes, learning, emotion, and motivation.  
A) True  
B) False
89. The specialty area which studies the physical, social, and psychological changes that occur at different ages and stages of the lifespan.  
A) True  
B) False
90. A psychologist who studies the relationship between work and people is most likely an industrial/organizational psychologist.  
A) True  
B) False
91. Personality psychologists study the nature of human personality, including the uniqueness of each person, traits, and individual differences.  
A) True  
B) False

92. In his research, Dr. Klein explores how people are affected by their social environments. He is particularly interested in helping behavior, conformity, obedience, prejudice, and aggression. Dr. Klein is a social psychologist.
- A) True
  - B) False
93. School psychologists apply psychological principles and findings in primary and secondary schools.
- A) True
  - B) False
94. Health psychologists study the psychological factors in the development, prevention, and treatment of illness.
- A) True
  - B) False
95. As scientists, psychologists are guided by several attitudes, including being open-minded and maintaining a healthy sense of scientific skepticism.
- A) True
  - B) False
96. In striving to identify and understand consistent patterns of behavior, psychologists are skeptical. That is, they are willing to consider new or alternative explanations of behavior and mental processes.
- A) True
  - B) False
97. In striving to identify and understand consistent patterns of behavior, psychologists are open-minded. That is, they are willing to consider new or alternative explanations of behavior and mental processes.
- A) True
  - B) False
98. Psychologists' open-minded attitude is tempered by a healthy sense of scientific skepticism. That is, psychologists critically evaluate the evidence for new findings, especially those that seem contrary to established knowledge.
- A) True
  - B) False

99. Psychologists assume that behavior and mental processes follow consistent patterns.  
A) True  
B) False
100. The scientific method is rarely used in psychology, as psychologists value "common sense," subjective experience, and expert opinions more highly than so-called empirical evidence.  
A) True  
B) False
101. A hypothesis is a tentative explanation that tries to integrate and account for the relationship of various findings and observations.  
A) True  
B) False
102. An operational definition defines a variable in very specific terms of how it will be measured, manipulated, or changed.  
A) True  
B) False
103. If a finding is statistically significant, it is likely that the result is due to chance.  
A) True  
B) False
104. A statistical technique called meta-analysis is used to analyze the results of many studies on a single topic.  
A) True  
B) False
105. Replication of research findings increases confidence in the accuracy of the findings.  
A) True  
B) False
106. A hypothesis is to a question as a theory is to a model.  
A) True  
B) False

107. The word pseudo means "rare" or "unusual."  
A) True  
B) False
108. A pseudoscience is a theory, method, or practice that promotes claims in ways that appear to be scientific even though supporting empirical evidence is lacking or nonexistent.  
A) True  
B) False
109. Magnet therapy has been shown to be very effective in treating various ailments and conditions.  
A) True  
B) False
110. The use of anecdotes or testimonials is a common strategy in promoting pseudoscientific claims.  
A) True  
B) False
111. Proponents of pseudoscience frequently use scientific jargon without scientific substance to promote their claims.  
A) True  
B) False
112. Pseudosciences often mention well-known scientific facts to add credibility to their unsupported claims.  
A) True  
B) False
113. An irrefutable or nonfalsifiable claim is one that can be proven or tested empirically.  
A) True  
B) False
114. The confirmation bias is the tendency to seek out evidence that confirms a claim or belief, while ignoring evidence that contradicts or undermines the claim or belief.  
A) True  
B) False



115. The confirmation bias refers to the empirical or scientific evidence that is used to confirm or support pseudoscientific claims.  
A) True  
B) False
116. In science the responsibility for proving the validity of a claim rests with those making the claim.  
A) True  
B) False
117. Pseudoscientists often claim that the responsibility for proving or disproving the validity of their claims rests with the skeptics, not with them.  
A) True  
B) False
118. When pseudoscientists fail to deliver on their promises they invariably offer a variety of excuses, a strategy called "multiple outs."  
A) True  
B) False
119. Descriptive research designs include strategies for observing and describing behavior.  
A) True  
B) False
120. The basic goal of naturalistic observation is to do an in-depth study of a single individual's behavior.  
A) True  
B) False
121. Researchers using naturalistic observation try not to be detected by their subjects since the behavior patterns that exist naturally might not be apparent if the subjects knew they were being watched.  
A) True  
B) False

122. Descriptive research includes correlational studies, case studies, surveys, and naturalistic observation.  
A) True  
B) False
123. Psychological and biographical records, neurological and medical records, and even school or work records may be examined in a case study.  
A) True  
B) False
124. The case study method is often used to develop a complete profile of a psychotherapy client.  
A) True  
B) False
125. One advantage offered by survey research is that information can be gathered from a large group of people about the cause and effect of some phenomenon.  
A) True  
B) False
126. For survey results to apply to a particular group, every person within that group must respond to the survey questionnaire.  
A) True  
B) False
127. A sample is always representative of the population from which it is taken.  
A) True  
B) False
128. A representative sample very closely parallels, or matches, the larger group on relevant characteristics, such as age, sex, race, marital status, and educational level.  
A) True  
B) False
129. Random selection is a process in which participants are selected randomly from a larger group such that every group member has an equal chance of being included in the study.  
A) True  
B) False

130. A correlation coefficient always falls in the range from  $-1.00$  to  $+1.00$ .  
A) True  
B) False
131. Increased number of hours watching television is associated with decreased grades on school tests. This finding represents a positive correlation.  
A) True  
B) False
132. If a perfect positive correlation of  $+1.00$  occurs, it means that as factor A increases, factor B always decreases.  
A) True  
B) False
133. Compared to a correlation of  $-.60$ , a correlation of  $+.60$  represents a relationship between two factors that is twice as strong.  
A) True  
B) False
134. A negative correlation is one in which both factors decrease together.  
A) True  
B) False
135. A positive correlation reflects a cause-and-effect relationship between two variables, while a negative correlation indicates the absence of a cause-and-effect relationship between the variables.  
A) True  
B) False
136. Even if two factors are very strongly correlated, correlation does NOT necessarily indicate causality.  
A) True  
B) False

137. Experimental research is a research method used to demonstrate cause-and-effect relationships by purposely manipulating one factor thought to produce change in another factor.  
A) True  
B) False
138. Independent variable is to dependent variable as deliberately varied is to measured.  
A) True  
B) False
139. The dependent variable is the factor that is observed and measured for change in an experiment and is thought to be influenced by the independent variable.  
A) True  
B) False
140. In an experiment, the independent variable is the purposely manipulated factor thought to produce change in an experiment.  
A) True  
B) False
141. The dependent variable is also called the treatment variable.  
A) True  
B) False
142. Extraneous variables are factors other than the ones being studied that, if not controlled, could affect the outcome of the experiment.  
A) True  
B) False
143. In an experiment, the group of participants who are exposed to all the experimental conditions, including the independent variable, is called the experimental group or experimental condition.  
A) True  
B) False

144. The experimental group (or experimental condition) is the group of participants who are exposed to all experimental conditions, including the independent variable or treatment variable.
- A) True
  - B) False
145. The placebo effect is any change attributed to a person's beliefs and expectations rather than the actual drug, treatment, or procedure.
- A) True
  - B) False
146. Random assignment means that all participants in the study have an equal chance of being assigned to any of the groups or conditions in an experiment.
- A) True
  - B) False
147. Random assignment helps ensure that potential differences among participants are spread out evenly across all experimental conditions.
- A) True
  - B) False
148. The control group (or control condition) is the group of participants who are exposed to all experimental conditions, except the independent variable or treatment variable, and against which changes in the experimental group are compared.
- A) True
  - B) False
149. Participants in the control group receive none of the experimental conditions except the independent variable or treatment variable.
- A) True
  - B) False
150. The double-blind technique is used to guard against the possibility that a researcher will display subtle cues or signals that communicate what is expected from the participants.
- A) True
  - B) False

151. The purpose of the double-blind technique is to ensure that the researcher becomes an extraneous or confounding variable in the study.  
A) True  
B) False
152. The purpose of the double-blind technique is to guard against the possibility that the researcher will inadvertently become an extraneous or confounding variable and display demand characteristics.  
A) True  
B) False
153. In a double-blind experiment, participants are both blindfolded and placed in a sound-proof chamber.  
A) True  
B) False
154. The experimental technique in which the researchers, but not the participants, are aware of the critical information about the experiment is called the double-blind technique.  
A) True  
B) False
155. In a double-blind study, neither the participant nor the researcher interacting with the participant is aware of the group or condition to which the participant is assigned.  
A) True  
B) False
156. The placebo is a control group in which participants are exposed to a fake independent variable, or placebo.  
A) True  
B) False
157. A placebo is a fake substance, procedure, or treatment that has no known direct effects.  
A) True  
B) False

158. In the ginkgo biloba experiment, the test scores of the participants in both the experimental group and the placebo control group improved because of the practice effect.
- A) True
  - B) False
159. In a research study, subtle cues or signals expressed by the researcher that communicate the kind of response or behavior that is expected from the participant are referred to as practice effects.
- A) True
  - B) False
160. Any change in performance that results from mere repetition of a task is called a demand characteristic.
- A) True
  - B) False
161. If an experiment is conducted properly, a control group is unnecessary.
- A) True
  - B) False
162. A natural experiment is a study investigating the effects of a naturally occurring event on the research participants.
- A) True
  - B) False
163. In one natural experiment investigating weight gain during the first year of college, it was found that female students assigned to dormitories with on-site food services reported eating more meals and more snacks, but they did not report gaining weight.
- A) True
  - B) False
164. In one natural experiment investigating weight gain during the first year of college, it was found that female students who were assigned to dormitories with on-site dining facilities gained more weight and exercised less than students who were assigned to dormitories without food services.
- A) True
  - B) False

165. In one natural experiment investigating weight gain during the first year of college, it was found that male students assigned to dormitories with food service reported eating more meals and more snacks, but they did not report gaining weight.  
A) True  
B) False
166. In one natural experiment investigating weight gain during the first year of college, it was found that male students who were assigned to dormitories with on-site dining facilities gained more weight and exercised less than students who were assigned to dormitories without food services.  
A) True  
B) False
167. Positron emission tomography (PET) is an invasive imaging technique that provides color-coded images of brain activity by tracking the brain's use of a radioactively tagged glucose, oxygen, or other substances.  
A) True  
B) False
168. A noninvasive technique that produces detailed images of the body's structures and tissues, using electromagnetic signals generated by the brain in response to magnetic fields is called magnetic resonance imaging (MRI).  
A) True  
B) False
169. Functional magnetic resonance imaging (fMRI) is a noninvasive procedure that produces detailed images of the brain using electromagnetic signals that track changes in metabolic activity.  
A) True  
B) False
170. Magnetic resonance imaging (MRI) is an invasive imaging technique that provides color-coded images of brain activity by tracking the brain's use of a radioactively tagged glucose, oxygen, or other substances.  
A) True  
B) False



171. Brain-imaging techniques, such as PET scans, MRI, and fMRI, provide extremely accurate and detailed images of the brain and have virtually no known limitations.  
A) True  
B) False
172. Some limitations of brain-imaging studies discussed in the Focus on Neuroscience section include the fact that they typically involve a small number of participants and that they tend to focus on simple aspects of behavior.  
A) True  
B) False
173. The idea that brain imaging may add little to explanations of psychological processes and are not necessarily more scientific than other approaches psychologists take are two of the limitations listed in Focus on Neuroscience.  
A) True  
B) False
174. Students who are enrolled in a psychology class can be forced to participate in experiments and other types of research as part of the course requirements.  
A) True  
B) False
175. The use of deception in psychology experiments has been banned by the American Psychological Association since the 1960s.  
A) True  
B) False
176. If a student is enrolled in a psychology class, then it is unnecessary to obtain an informed consent from the person if he or she is taking part in an experiment that is a requirement of the class.  
A) True  
B) False
177. When research participation is a course requirement or an opportunity for extra credit, a student must be given a choice of an alternative activity to fulfill the course requirement.  
A) True  
B) False

178. "Informed consent" in a psychology experiment means that the psychologist must inform the participants of the purpose of the research and explain that they are free to decline to participate or to withdraw from the research at any time.
- A) True
  - B) False
179. Researchers adhere to ethical guidelines by allowing students who do not want to participate in an experiment the option of choosing a different activity to fulfill the class requirement or to get extra credit.
- A) True
  - B) False
180. Comparative psychology is the branch of psychology that studies the behavior of nonhuman animal.
- A) True
  - B) False
181. Comparative psychology studies the behavior of children and adults and compares their differences over the lifespan.
- A) True
  - B) False
182. Nonhuman animal participants are used in the vast majority of psychological studies conducted each year in this country.
- A) True
  - B) False
183. Although the American Psychological Association developed a strict code of ethics for conducting psychological research with humans, it does not have similar guidelines governing the use of animals in psychological research.
- A) True
  - B) False
184. Apes and monkeys are, by far, the most commonly used nonhuman animals in psychological research in the United States.
- A) True
  - B) False

185. Psychologists can control every aspect of the animals' environment and even their genetic background, and therefore they can exercise greater control over animal subjects than over human subjects.
- A) True
  - B) False
186. According to the Psych For Your Life box in the textbook, taking notes on your laptop is better for studying and retention than taking notes by hand.
- A) True
  - B) False
187. One reason that practice tests enhance retention of material is that they counteract the fluency effect.
- A) True
  - B) False
188. Compared to spacing out your study time, "cramming" before an exam results in long-term retention of information studied.
- A) True
  - B) False

## Answer Key

1. A
2. A
3. A
4. B
5. A
6. A
7. A
8. A
9. B
10. B
11. A
12. A
13. B
14. A
15. A
16. A
17. A
18. B
19. A
20. A
21. A
22. A
23. A
24. B
25. B
26. A
27. B
28. A
29. A
30. A
31. A
32. A
33. A
34. B
35. B
36. A
37. A
38. A
39. B
40. B
41. A
42. B
43. A
44. A

45. A
46. B
47. A
48. B
49. A
50. A
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1. Which famous Greek philosopher wrote extensively about psychological topics such as sleep and dreaming, the senses, and memory?
  - A) Aristotle
  - B) Descartes
  - C) Calkins
  - D) James
  
2. In thinking about psychology and consciousness the idea that the mind and the body are separate entities that interact makes a lot of sense to you. This view is MOST likely the view of the French philosopher:
  - A) Aristotle.
  - B) Descartes.
  - C) Watson.
  - D) Skinner.
  
3. French philosopher René Descartes:
  - A) strongly opposed the idea of establishing psychology as a separate science.
  - B) promoted a doctrine called interactive dualism.
  - C) was the first of Wundt's students to receive a doctorate in psychology.
  - D) was a philosopher who wrote extensively about topics such as sleep, dreams, the senses, and memory more than 2,000 years ago.
  
4. Interactive dualism is the idea that:
  - A) all living organisms must interact and perform dual functions to survive.
  - B) most severe mental disorders, such as schizophrenia, involve a splitting of the mind.
  - C) mind and body are separate entities that interact to produce conscious experiences.
  - D) people with very diverse qualities and beliefs are most likely to be attracted to each other.
  
5. Which of the following statements is TRUE?
  - A) The Greek philosopher Aristotle first defined psychology as the "scientific study of behavior and mental processes."
  - B) In contemporary psychology, the nature–nurture issue explores the relative influences of heredity versus environmental factors on behavior.
  - C) The mind–body issue has now been settled, and psychologists no longer explore the relationship between mental activity and the brain.
  - D) The principle of interactive dualism was formulated by Aristotle more than 2,000 years ago.

6. For centuries philosophers debated which was more important: the inborn \_\_\_\_\_ of an individual or the environmental influences that \_\_\_\_\_ the individual.
- A) nature; nurture
  - B) nurture; naturalize
  - C) dualism; condition
  - D) monism; condition
7. Physiology is:
- A) a branch of biology that studies the functions and parts of living organisms, including humans.
  - B) the idea that mind and body are separate entities.
  - C) the first major school of thought in psychology.
  - D) sometimes referred to as the "third force" in American psychology.
8. How did physiology contribute to the emergence of psychology as a separate scientific discipline?
- A) In defining the boundaries of their science, physiologists rejected the study of mental processes and behavior.
  - B) Physiologists in the late nineteenth century proposed that psychology should be a separate subdiscipline of philosophy.
  - C) Physiologists demonstrated that scientific methods could be applied to understanding human behavior and mental processes.
  - D) Physiologists in the late nineteenth century were unable to apply scientific methods to the study of human behavior and thinking, and consequently psychology was no longer part of that discipline.
9. Wilhelm Wundt investigated which of the following phenomena?
- A) nature versus nurture issue and interactive dualism
  - B) fundamental psychological processes, such as mental reaction times in response to visual and auditory stimuli
  - C) mental disorders and abnormal behavior
  - D) damaged areas of the human brain
10. Wilhelm Wundt:
- A) was a German physiologist who established the first psychology research laboratory at the University of Leipzig.
  - B) was a French philosopher who proposed the idea of interactive dualism.
  - C) is credited with the discovery of unconscious mental processes.
  - D) was an Austrian physician who founded the psychoanalytic school of psychology.

11. Which of the following events do most historians consider as the formal beginning of psychology as a scientific discipline?
- A) Aristotle's landmark essay in 335 B.C. entitled *On the Soul*
  - B) the 1924 publication of John Watson's book entitled *Behaviorism*
  - C) the establishment of the first psychology research laboratory by Wilhelm Wundt in 1879
  - D) Sigmund Freud's discovery of the unconscious mind in the early twentieth century
12. Wilhelm Wundt defined psychology as:
- A) a new branch of physiology.
  - B) the study of the behavior of humans and other animals.
  - C) a branch of philosophy, not science.
  - D) the study of consciousness.
13. It took more than ten years to write and was 1,400 pages long when it was published. Who wrote the landmark textbook *Principles of Psychology*?
- A) John B. Watson
  - B) Margaret Floy Washburn
  - C) B. F. Skinner
  - D) William James
14. Which of the following was the first school of thought or approach in psychology?
- A) structuralism
  - B) functionalism
  - C) behaviorism
  - D) psychoanalysis
15. Which early approach or school of psychology is associated with Wilhelm Wundt's student Edward Titchener?
- A) behaviorism
  - B) humanistic psychology
  - C) functionalism
  - D) structuralism
16. The early psychological school of thought called structuralism emphasized the study of:
- A) habits and adaptive behavior.
  - B) physiology.
  - C) the relative importance of nature versus nurture.
  - D) the elemental component parts of sensations, feelings, and conscious experience.

17. "What are the most basic units or structures of conscious thought?" This is a question that would MOST likely be of interest to a follower of:
- A) humanism.
  - B) behaviorism.
  - C) functionalism.
  - D) structuralism.
18. You are a subject in an experiment, and you are told: "Look at this apple very carefully and tell me your exact sensations and feelings as you experience them." The experimenter in this study probably believes in what school of psychology?
- A) psychoanalysis
  - B) functionalism
  - C) structuralism
  - D) behaviorism
19. Structuralism:
- A) promoted the use of nonhuman animals to study brain functions.
  - B) ended when Descartes demonstrated that the brain consisted of multiple structures, not one.
  - C) was based on the idea that even our most complex conscious experiences could be broken down into basic elemental structures of sensations and feelings.
  - D) contended that basic human thoughts are contained in common genetic structures that are passed from generation to generation.
20. Which early school of psychology relied on a method called introspection?
- A) functionalism
  - B) humanism
  - C) behaviorism
  - D) structuralism
21. \_\_\_\_\_ is to structuralism as \_\_\_\_\_ is to functionalism.
- A) Wilhelm Wundt; Edward Titchener
  - B) William James; Mary Whiton Calkins
  - C) Edward Titchener; William James
  - D) Mary Whiton Calkins; Wilhelm Wundt

22. Which of the early schools of psychology was the first to disappear?
- A) psychoanalysis
  - B) functionalism
  - C) behaviorism
  - D) structuralism
23. "I believe that consciousness should be studied to help us understand the adaptive and practical functions of human behavior." Such a statement is MOST likely to have been made by:
- A) William James.
  - B) Sigmund Freud.
  - C) B. F. Skinner.
  - D) John B. Watson.
24. Which school of psychology would agree with the statement that "psychology should stress the study of how behavior and mental processes function to allow people and animals to adapt to their environments"?
- A) structuralism
  - B) behaviorism
  - C) functionalism
  - D) psychoanalysis
25. Both the structuralists and the functionalists agreed that:
- A) psychology should focus not on the study of conscious experience but rather on the investigation of observable behaviors.
  - B) psychologists should directly observe the behaviors of animals in natural settings.
  - C) psychology should study conscious experience.
  - D) psychological findings should be applied to areas like education, mental illness, health, and child rearing.
26. Who was the first person to be awarded a Ph.D. in psychology in the United States?
- A) B. F. Skinner
  - B) John B. Watson
  - C) Francis C. Sumner
  - D) G. Stanley Hall

27. Which of the following psychologists founded the American Psychological Association and established the first journal devoted to psychology in the United States?
- A) William James
  - B) G. Stanley Hall
  - C) John B. Watson
  - D) Mary Whiton Calkins
28. Which of the following statements about Mary Whiton Calkins is FALSE?
- A) Calkins was the first woman president of the American Psychological Association.
  - B) Calkins conducted research in dreams, memory, and personality.
  - C) Calkins established one of the first psychology laboratories in the United States.
  - D) Calkins founded behaviorism as one of the early schools of psychology.
29. Which of the following statements about Mary Whiton Calkins is TRUE?
- A) She was the first woman to study with Wilhelm Wundt and receive a Ph.D. in psychology from Leipzig University.
  - B) She was the first woman president of the American Psychological Association and conducted research in dreams, memory, and personality.
  - C) In 1908 she published an influential textbook titled *The Animal Mind*.
  - D) She was a comparative psychologist who conducted groundbreaking research on the giant panda.
30. Who was the first woman to be elected president of the American Psychological Association?
- A) Margaret Floy Washburn
  - B) Sandra Bem
  - C) Mary Whiton Calkins
  - D) Rebecca Snyder
31. Why was Mary Whiton Calkins denied the Ph.D. degree she had earned in psychology at Harvard University?
- A) Her research was in an area called comparative psychology that was not recognized as a legitimate part of scientific psychology at Harvard University at the time.
  - B) At the time Harvard University forbade the use of nonhuman animals in psychology research.
  - C) William James was opposed to opening the field of psychology to women and refused to support her application despite the fact that she was his most brilliant student.
  - D) She was a woman, and at the time Harvard was not a coeducational institution.

32. Both Mary Whiton Calkins and Margaret Floy Washburn:
- A) studied psychology at Wellesley College and Harvard University.
  - B) were students of G. Stanley Hall.
  - C) were elected president of the American Psychological Association.
  - D) were students of Francis C. Sumner.
33. The first U.S. woman to be awarded a Ph.D. in psychology was:
- A) Mary Whiton Calkins.
  - B) Margaret Floy Washburn.
  - C) Sandra Bem.
  - D) Leta Stetter Hollingworth.
34. Which of the following early psychologists wrote *The Animal Mind* and strongly advocated the scientific study of the mental processes of different animal species?
- A) Margaret Floy Washburn
  - B) John B. Watson
  - C) Mary Whiton Calkins
  - D) Edward B. Titchener
35. The first African American to receive a Ph.D. in psychology in the United States was:
- A) Francis C. Sumner.
  - B) Abraham Maslow.
  - C) G. Stanley Hall.
  - D) Margaret Floy Washburn.
36. Which of the following statements about Francis C. Sumner is TRUE?
- A) He was the first African American president of the American Psychological Association.
  - B) He was the first person to be awarded a Ph.D. in psychology in the United States.
  - C) He was denied the Ph.D. degree he had earned in his graduate studies at Harvard University because he was African American.
  - D) He chaired a psychology department at Howard University and was the first African American to receive a Ph.D. in psychology in the United States.
37. The founder of psychoanalysis was:
- A) American psychologist B. F. Skinner.
  - B) American psychologist Carl Rogers.
  - C) German psychologist Wilhelm Wundt.
  - D) Austrian physician Sigmund Freud.

38. Psychoanalysis emphasized:
- A) the role of unconscious factors in behavior.
  - B) overt behavior and principles of learning.
  - C) the role of conscious thoughts in psychological growth
  - D) the perception of whole figures.
39. Who would have been MOST likely to say: "You behave the way you do because of unconscious reasons, not reasons in your consciousness"?
- A) William James
  - B) John B. Watson
  - C) Sigmund Freud
  - D) G. Stanley Hall
40. Sigmund Freud:
- A) believed that experiences in early childhood were critical in the formation of adult personality.
  - B) promoted functionalism during his lecture series at Clark University in 1909.
  - C) stated that psychology should be the study of overt measurable behavior, especially as it pertains to learning.
  - D) founded humanistic psychology.
41. Your therapist is very interested in your dreams, memory blocks, and slips of the tongue. On which approach to psychology is your therapist probably basing his psychotherapy?
- A) structuralism
  - B) psychoanalysis
  - C) behaviorism
  - D) functionalism
42. \_\_\_\_\_ is to psychoanalysis as \_\_\_\_\_ is to humanistic psychology.
- A) Freud; James
  - B) Skinner; Calkins
  - C) Freud; Rogers
  - D) Maslow; Pavlov



43. The early school of psychology called behaviorism:
- A) grew out of Russian physiologist Ivan Pavlov's pioneering research in which he conditioned dogs to salivate to the sound of a bell.
  - B) was the first of the early schools to disappear.
  - C) was flatly rejected by John Watson and B. F. Skinner in the early 1900s.
  - D) was rejected as a pseudoscience in the early 1930s by the American Psychological Association (APA) and the American Association for the Advancement of Science (AAAS).
44. Behaviorism was characterized by:
- A) the rejection of consciousness as a topic in psychology and a focus on observable behavior.
  - B) a narrow focus upon consciousness and conscious experience.
  - C) a focus on the importance of free will, self-determination, and psychological growth.
  - D) an emphasis upon the unconscious determinants of personality.
45. The founder of the school of behaviorism was:
- A) G. Stanley Hall.
  - B) William James.
  - C) John Watson.
  - D) Carl Rogers.
46. Which of the following statements about behaviorism is TRUE?
- A) B. F. Skinner borrowed the introspection technique from structuralism for use in his methods for behaviorism.
  - B) Behaviorism was based on Margaret Washburn's animal research showing the importance of animal consciousness.
  - C) Behaviorism emphasized the importance of unconscious influences on human behavior.
  - D) John B. Watson argued that consciousness was not a usable concept and considered consciousness to be a concept related to superstition and magic.

47. Who made the statement "Behaviorism, on the contrary, holds that the subject matter of human psychology *is the behavior of the human being*. Behaviorism claims that consciousness is neither a definite nor a usable concept. The behaviorist, who has been trained always as an experimentalist, holds, further, that belief in the existence of consciousness goes back to the ancient days of superstition and magic."?
- A) Sigmund Freud
  - B) Edward B. Titchener
  - C) William James
  - D) John B. Watson
48. Who conditioned dogs to reflexively salivate to the sound of a bell rather than food?
- A) American psychologist Margaret Washburn
  - B) Russian physiologist Ivan Pavlov
  - C) Austrian physician Sigmund Freud
  - D) American psychologist B. F. Skinner
49. Key figures in the development of behaviorism include:
- A) Wundt, Titchener, and James.
  - B) James, Watson, and Calkins.
  - C) Maslow, Freud, and Rogers.
  - D) Watson, Pavlov, and Skinner.
50. Between John B. Watson and B.F. Skinner which of the following approaches dominated American psychology for almost half a century?
- A) structuralism
  - B) functionalism
  - C) behaviorism
  - D) psychoanalysis
51. Two key figures in the development of humanistic psychology include:
- A) Abraham Maslow and Carl Rogers.
  - B) Sigmund Freud and B. F. Skinner.
  - C) Mary Calkins and Margaret Floy Washburn.
  - D) John Watson and B. F. Skinner.

52. Which of the following people developed a theory of motivation that emphasized psychological growth?
- A) John B. Watson
  - B) Abraham Maslow
  - C) G. Stanley Hall
  - D) Ivan Pavlov
53. Which of the following people emphasized conscious experiences and each person's unique potential for psychological growth and self-direction?
- A) Carl Rogers
  - B) B. F. Skinner
  - C) Sigmund Freud
  - D) John B. Watson
54. Which of the following approaches was referred to as the "third force" in American psychology?
- A) psychoanalysis
  - B) functionalism
  - C) humanistic psychology
  - D) cognitive psychology
55. Humanistic psychology was called the "third force" because it:
- A) provided an alternative viewpoint to the two approaches that were dominant at the time, behaviorism and psychoanalysis.
  - B) was based upon the belief that there were three forces that motivated all human behavior.
  - C) proposed that there were three methods that could be used to scientifically study human behavior.
  - D) was composed of three separate branches, or schools.
56. While psychoanalysis focuses on \_\_\_\_\_ conflicts, humanistic psychology emphasizes \_\_\_\_\_ experiences.
- A) observable; unconscious
  - B) unconscious; conscious
  - C) external; internal
  - D) physiological; observable

57. Behaviorists viewed human behavior as being shaped and maintained by \_\_\_\_\_, Rogers emphasized \_\_\_\_\_.
- A) unconscious processes; conscious processes
  - B) free will; both internal and external causes
  - C) external causes; self-determination, free will, and the importance of choice
  - D) self-determination, free will, and personal choice; external causes
58. The \_\_\_\_\_ perspective emphasizes studying the physical bases of human and animal behavior, including the nervous system, endocrine system, immune system, and genetics.
- A) psychodynamic
  - B) humanistic
  - C) behavioral
  - D) biological
59. Neuroscience refers to the study of the:
- A) endocrine system.
  - B) immune system.
  - C) nervous system.
  - D) genome.
60. Dr. Smith has used a relatively new technique called the fMRI scan to examine changes in the brain that occur with aging. Dr. Smith is MOST likely to identify with the \_\_\_\_\_ perspective of psychology.
- A) biological
  - B) psychodynamic
  - C) behavioral
  - D) humanistic
61. The development of techniques such as PET, MRI, and fMRI scans to study the structure and function of the brain has enhanced the work of psychologists in the \_\_\_\_\_ perspective of psychology.
- A) behavioral
  - B) biological
  - C) psychodynamic
  - D) humanistic

62. Dr. Jackson is interested in how stress affects the brain and examines PET scans of individuals before and after stressful situations. Dr. Jackson's approach is part of the \_\_\_\_\_ perspective.
- A) behavioral
  - B) cross-cultural
  - C) biological
  - D) psychodynamic
63. The \_\_\_\_\_ perspective of psychology emphasizes the importance of unconscious influences and early life experiences in explaining the underlying dynamics of behavior.
- A) cognitive
  - B) positive psychology
  - C) humanistic
  - D) psychodynamic
64. Dr. Ramen believes that, in order to effectively treat his clients' psychological disorders, it is essential to understand his clients' early life experiences. Dr. Ramen endorses the \_\_\_\_\_ perspective in psychological treatment.
- A) behavioral
  - B) biological
  - C) psychodynamic
  - D) humanistic
65. In contemporary psychology, the psychodynamic perspective, the behavioral perspective, and the humanistic perspective:
- A) are often emphasized among psychologists working in the mental health field.
  - B) are considered pseudosciences.
  - C) have been combined to form a new major perspective in modern psychology called comparative psychology.
  - D) focus on how people process and remember information, develop language, solve problems, and think.
66. Behaviorism focuses on \_\_\_\_\_.
- A) unconscious influences
  - B) dreams
  - C) observable behaviors
  - D) early life experiences

67. Dr. Barongon is a counseling psychologist who emphasizes the importance of choices and self-direction to his clients so that they can strive to reach their fullest potential. Dr. Barongon subscribes to the \_\_\_\_\_ perspective of psychology.
- A) cross-cultural
  - B) psychodynamic
  - C) cognitive
  - D) humanistic
68. Which of the following perspectives in psychology seeks to counterbalance psychology's traditional emphasis on psychological problems and disorders?
- A) positive psychology
  - B) psychodynamic
  - C) evolutionary
  - D) cross-cultural
69. Theresa is interested in a relatively new area of psychology that focuses on the conditions and processes that contribute to optimal functioning of people, groups, and institutions. She believes that psychology should be concerned with topics such as personal happiness, optimism, creativity, wisdom, and the social institutions that foster these qualities in individuals and communities. Her views are MOST consistent with the \_\_\_\_\_ perspective in psychology.
- A) biological
  - B) behavioral
  - C) positive psychology
  - D) psychodynamic
70. Which of the following statements about positive psychology is TRUE?
- A) It emphasizes the importance of unconscious influences, early life experiences, and interpersonal relationships.
  - B) It focuses on observable behaviors that can be systematically tested through research.
  - C) It emphasizes the study of physical bases of both human and animal behavior.
  - D) It is focused on developing therapeutic techniques that increase personal well-being rather than just alleviating troubling symptoms.

71. The cognitive perspective of psychology focuses on:
- A) the important role of mental processes in how people process and remember information, develop language, solve problems, and think.
  - B) how overt behavior is acquired and modified by environmental influences.
  - C) the diversity of human behavior in different cultural settings and countries.
  - D) the motivation of people to grow psychologically, the influence of interpersonal relationships on a person's self-concept, and the importance of choice and self-direction in striving to reach one's potential.
72. Dr. May, who follows the \_\_\_\_\_ perspective, conceptualizes human thinking, memory, and perception in terms of an information-processing model.
- A) positive psychology
  - B) behavioral
  - C) biological
  - D) cognitive
73. During the 1960s the movement away from traditional behaviorism and toward the study of how mental processes influence behavior was called:
- A) "the cognitive revolution" and was influenced by the development of the first computers.
  - B) the "third force" in American psychology.
  - C) the positive psychology perspective.
  - D) the humanistic perspective.
74. The term cognitive revolution refers to:
- A) the founding of humanistic psychology as the "third force" in psychology, which strongly opposed psychoanalysis and behaviorism.
  - B) a renewed emphasis upon the study of mental processes, which represented a break from traditional behaviorism.
  - C) the discovery of the role played by neurotransmitters in the brain during complex behaviors.
  - D) the revolt of research participants against unethical practices and experiments, which led to new ethical standards in psychology.
75. As a psychology researcher, you have found that the public expression of emotions differs among people in the United States, Japan, Switzerland, and Israel. This type of research fits BEST with which perspective in psychology?
- A) evolutionary
  - B) cross-cultural
  - C) cognitive
  - D) humanistic

76. Psychologists following the \_\_\_\_\_ perspective have investigated the diversity of human behavior in different countries and have discovered that some well-established psychological findings are not as universal as once thought.
- A) positive psychology
  - B) cross-cultural
  - C) evolutionary
  - D) cognitive
77. Research on social loafing demonstrated that European participants worked harder on a task when working alone, whereas Chinese participants worked harder on a task when they were part of a group. These results illustrate the importance of the \_\_\_\_\_ perspective in psychology.
- A) cross-cultural
  - B) cognitive
  - C) biological
  - D) humanistic
78. What is social loafing?
- A) the tendency to reduce normal grooming behavior, which is often seen among captive animals, especially primates
  - B) a scientist's tendency to reduce productive behavior after receiving an award or recognition
  - C) the term used to refer to the typical group behavior of college students during spring break
  - D) the tendency for people from individualistic cultures to exert more effort on a task when working alone than when working as part of a group
79. "I hate doing group projects in my classes," Hillary, an American student, complained. "When we do a group project, people just don't work as hard as they do when they are working alone." Hillary's observation reflects a psychological phenomenon called:
- A) an illusory correlation.
  - B) ethnocentrism.
  - C) social loafing.
  - D) random selection.



80. Which of the following is NOT a characteristic of collectivistic cultures?
- A) A person's identity is closely tied to the identity of a larger group, such as a family or work group.
  - B) The needs and goals of the group are valued over the needs and goals of an individual.
  - C) They are more commonly found in Asia and South America than in North America and Europe.
  - D) The importance of self-reliance and individual achievement are emphasized.
81. In collectivistic cultures, a person's sense of identity is:
- A) primarily determined by his or her outstanding accomplishments.
  - B) strongly influenced by the person's interdependent relationships with others, such as the person's family.
  - C) largely a matter of individual preferences and attitudes.
  - D) best characterized as independent, autonomous, and distinctive.
82. Psychologist Harry Triandis said, "All cultures are simultaneously very similar and very different." What does Triandis mean by this statement?
- A) Cultures cannot be meaningfully studied or compared because individuals are so different.
  - B) People in different cultures share many fundamental human attributes and motives, yet people in each culture express these qualities and motives in different ways.
  - C) Ethnocentrism is more prevalent in some cultures than in others.
  - D) Collectivistic cultures cannot be understood by members of individualistic cultures.
83. During her first trip abroad, Paula was surprised to find that people in other cultures ate such foods as snails, squid, insects, lizards, earthworms, and seaweed. "One day they will become civilized like us and eat normal foods like donuts, pizza, hot dogs, and hamburgers and fries," she e-mailed her parents. Paula's remarks reflect a tendency called:
- A) collectivism.
  - B) ethnocentrism.
  - C) expectancy effects.
  - D) demand characteristics.

84. When Susan learned that infants in Mayan families in Guatemala often sleep in their mother's bed until the child is two or three years old, she expressed her surprise that the Mayan culture was so "backward" compared with American culture. Susan's views are a good example of \_\_\_\_\_ in action.
- A) normative social influence
  - B) demand characteristics
  - C) ethnocentrism
  - D) expectancy effects
85. Ethnocentrism refers to the tendency to:
- A) behave in accordance with cultural norms.
  - B) stress the importance of cross-cultural psychology.
  - C) use your own culture as the standard for judging other cultures.
  - D) deny your ethnic heritage.
86. Which of the following statements BEST characterizes the principle of natural selection?
- A) If given ample social opportunities, each person will naturally select a mate with similar personality characteristics.
  - B) Organisms that inherit characteristics that increase their chances of survival in their particular habitat are more likely to survive, reproduce, and pass on their characteristics to their offspring.
  - C) Natural selection is the consistent finding that when given an abundant and wide range of food choices, animals in the wild will naturally select a diet that supplies all the necessary nutrients.
  - D) Natural selection is the strong human tendency to socialize with people of the same ethnic group.
87. The evolutionary perspective in psychology:
- A) suggests that human behavior is best understood in terms of the individual capacity for growth, free will, and self-direction.
  - B) analyzes behavior in terms of its adaptive function, such as how it increases a species' chances to survive and reproduce.
  - C) is now regarded as nothing more than pseudoscience.
  - D) states that, to fully understand human behavior, you must understand how behavior varies among different cultures.

88. Psychologists who take the evolutionary perspective:
- A) believe that psychological processes that help individuals adapt to their environment also help them survive, reproduce, and pass those abilities on to future generations.
  - B) study how behavior develops over the lifespan.
  - C) study how different languages evolved.
  - D) search for the tools, artifacts, and drawings of our earliest ancestors.
89. Which statement BEST characterizes the evolutionary perspective of psychology?
- A) Human behavior is best understood in terms of the individual capacity for growth, free will, and self-direction.
  - B) To fully understand human behavior you must understand how behavior varies among different cultures.
  - C) Psychological processes are influenced by natural selection.
  - D) The biological basis of behavior should be the primary focus of contemporary psychology as medical and technological advances have evolved.
90. Psychologists who take the evolutionary perspective assume that psychological processes are subject to the principle of:
- A) social loafing.
  - B) unconscious conflict.
  - C) collectivism.
  - D) natural selection.
91. Dr. Mason and Dr. Jacobson both work in Minnesota in different cities. They both treat people with severe mental disorders. Dr. Mason cannot prescribe medications for his patients, but Dr. Jacobson frequently prescribes medications. Dr. Mason is probably a(n) \_\_\_\_\_, whereas Dr. Jacobson is probably a(n) \_\_\_\_\_.
- A) psychiatrist; clinical psychologist
  - B) experimental psychologist; biological psychologist
  - C) clinical psychologist; psychiatrist
  - D) social psychologist; health psychologist
92. Clinical psychologists:
- A) are medical doctors.
  - B) can prescribe medicine in all 50 states.
  - C) are trained in the diagnosis, treatment, and prevention of psychological disorders.
  - D) can hospitalize clients and order biomedical therapies, such as ECT.

93. According to your textbook, which specialty area is the MOST popular choice for psychologists who have recently received their doctorates?
- A) counseling psychology
  - B) educational psychology
  - C) cognitive psychology
  - D) clinical psychology
94. Dr. McNair has been studying the effects of different levels of estrogen on mating behaviors in male and female hamsters. Dr. McNair is MOST likely a \_\_\_\_\_ psychologist.
- A) cognitive
  - B) developmental
  - C) biological
  - D) clinical
95. Joanna has suffered a series of personal setbacks, including the death of a family member, academic problems in college, and a divorce. She feels so sad, upset, and lonely that she is contemplating suicide. Joanna could probably be BEST helped by a(n) \_\_\_\_\_ psychologist.
- A) experimental
  - B) clinical
  - C) industrial/organizational
  - D) educational
96. Dr. Woods is studying the degree to which primates seem to display logic and insight in figuring out a variety of puzzles and other simple problems. Dr. Woods is MOST likely a(n) \_\_\_\_\_ psychologist.
- A) industrial/organizational
  - B) clinical
  - C) forensic
  - D) cognitive
97. Cognitive psychology focuses on the study of:
- A) mental processes, including reasoning and thinking, problem solving, memory, perception, mental imagery, and language.
  - B) children with special needs, such as children with autism or those suffering from learning disabilities.
  - C) how people are affected by their social environments.
  - D) the causes, diagnosis, treatment, and prevention of psychological disorders.

98. Lynn has just received a research grant to study the effect of downsizing on morale at a large IT company. Lynn is MOST likely a(n) \_\_\_\_\_ psychologist.
- A) cross-cultural
  - B) biological
  - C) industrial/organizational
  - D) personality
99. The specialty area of psychology that helps people of all ages adjust, adapt, and cope with personal and interpersonal problems by improving well-being, alleviating distress and maladjustment, and resolving crises is called \_\_\_\_\_ psychology.
- A) health
  - B) counseling
  - C) rehabilitation
  - D) forensic
100. Dr. Kerrick has developed a training program for young children that will help them learn to read at a quicker pace and with greater comprehension. What kind of psychologist is Dr. Kerrick?
- A) educational
  - B) personality
  - C) industrial/organizational
  - D) clinical
101. Dr. Jakel is a psychologist who studies basic topics in psychology, such as learning, memory, sensation, and perception. Dr. Jakel's area of specialization is \_\_\_\_\_ psychology.
- A) biological
  - B) experimental
  - C) personality
  - D) clinical
102. Professor Anderson is interested in how family relationships change over time. During the last two decades, he has kept track of and repeatedly surveyed the same group of 3,000 participants about changes in their relationship with their parents and siblings. Professor Anderson is MOST likely a \_\_\_\_\_ psychologist.
- A) forensic
  - B) health
  - C) rehabilitation
  - D) developmental

103. Dr. Nelson studies the psychological factors that seem to be associated with the development of heart disease. Dr. Nelson specializes in \_\_\_\_\_ psychology.
- A) educational
  - B) industrial/organizational
  - C) health
  - D) developmental
104. Kamila is a graduate student who is preparing for a career in which she will examine the relationship between people and work, with the goal of improving employee morale and the efficiency of the companies that she will work for. Kamila is training to become a(n) \_\_\_\_\_ psychologist.
- A) clinical
  - B) industrial/organizational
  - C) social
  - D) applied
105. \_\_\_\_\_ psychology focuses on individual differences and the characteristics that make each person unique.
- A) Educational
  - B) Social
  - C) Cross-cultural
  - D) Personality
106. Which of the following titles would MOST likely be found in a research journal for social psychology?
- A) "Increased levels of the male hormone, testosterone, causes increased aggressive behavior in laboratory rats."
  - B) "How the presence of other people affects helping behavior in public situations."
  - C) "Decreases in intellectual functioning can be reversed through increased mental activities in the older adult."
  - D) "Motivational effects of stress"
107. Walter, a student in Grade 5, received counseling and an assessment from a professional who also consulted with his parents, teachers, and other educators. This professional is MOST likely a \_\_\_\_\_ psychologist.
- A) health
  - B) forensic
  - C) rehabilitation
  - D) school

108. Psychologists who counsel students, perform assessments, who help teachers, school administrators, and parents understand how children learn and develop are known as \_\_\_\_\_ psychologists.
- A) school
  - B) experimental
  - C) personality
  - D) cognitive
109. Dr. Dalpiez uses research findings to educate his undergraduate students about diverse areas of psychology, including sports psychology, media psychology, forensic psychology, and rehabilitation psychology. Dr. Dalpiez teaches \_\_\_\_\_ psychology.
- A) clinical
  - B) counseling
  - C) social
  - D) applied
110. All psychologists who do research:
- A) are scientists.
  - B) have a medical background.
  - C) must pass a state licensure test.
  - D) are pseudoscientists.
111. When researchers create questions to investigate, generate evidence, and draw conclusions, they are guided by a set of assumptions, attitudes, and procedures called:
- A) the scientific method.
  - B) guesses and hunches.
  - C) ethical guidelines.
  - D) pseudoscientific assumptions.
112. Psychologists are guided by the basic scientific assumption that events are lawful. What does this mean to psychologists?
- A) Psychologists are required to obey the law in all their professional activities.
  - B) Psychologists assume that behavior and mental processes follow consistent patterns.
  - C) Psychologists recognize that behavior typically follows the laws created by society.
  - D) Psychologists assume that abnormal behavior is unlawful, whereas normal behavior is lawful.

113. Like other scientists, psychologists are guided by the assumption that:
- A) only experimental data have scientific relevance.
  - B) statistically significant results always have practical significance.
  - C) certain phenomena will never be understood.
  - D) events are lawful and ultimately explainable.
114. Psychologists assume that:
- A) behavior and mental processes have a cause or causes.
  - B) there are no parallels between human and animal behavior.
  - C) human behavior can be accurately predicted in any situation.
  - D) most aspects of behavior and mental processes cannot be understood by scientific means.
115. Empirical evidence refers to evidence that is the result of:
- A) objective observation, measurement, and experimentation.
  - B) intuition, logic, and critical thinking.
  - C) experience, philosophy, and opinion.
  - D) experience, logic, and statistics.
116. Devonte is a graduate student in developmental psychology and is preparing to conduct a study on rates of substance abuse among college students. Which step in the scientific method will Devonte need to start with?
- A) Design a study to collect relevant data.
  - B) Recruit participants.
  - C) Formulate a specific question that can be tested.
  - D) Analyze the data to arrive at conclusions.
117. According to the scientific method after Dr. Haley formulates a hypothesis and designs a study to collect data for her research on childhood obesity, she will next have to
- A) obtain parent permission.
  - B) prove her theory.
  - C) report the results.
  - D) analyze the data to arrive at conclusions.
118. Which of the following is NOT a step in the scientific method?
- A) Formulate a specific question that can be tested.
  - B) Design the study and collect data.
  - C) Analyze the data and draw conclusions.
  - D) Apply the findings to solve human problems.



119. A hypothesis is a(n):
- A) tentative statement that describes the relationship between two or more variables.
  - B) geometrical construct often used in statistical analyses.
  - C) theory that has been proven.
  - D) operational definition assigned to the independent variable.
120. A researcher sets out to test the following statement: "Adolescents are more likely to start smoking if one or both of their parents smoke." This statement is an example of:
- A) a theory.
  - B) an operational definition.
  - C) a hypothesis.
  - D) experimenter bias.
121. The factors in a hypothesis that can vary or change are called the:
- A) theories.
  - B) variables.
  - C) main effects.
  - D) correlation coefficients.
122. An operational definition is:
- A) a research design in which the participants act or operate as their own control group.
  - B) a precise description of how each variable in a particular study will be manipulated or measured.
  - C) one that has been approved by the American Psychological Association.
  - D) a statistical method used in psychological research to correct for bias that may be operating in the experimental situation.
123. In order to test the hypothesis that premarital education enhances marital quality, Dr. Stanley should first:
- A) conduct pseudoscientific research.
  - B) use naturalistic observation to observe happily married couples.
  - C) operationally define the terms *premarital education* and *marital quality*.
  - D) avoid operational definitions because they reflect preconceived ideas and biases.

124. Which of the following phrases would be an acceptable operational definition for anxiety?
- A) unpleasant emotional state
  - B) feelings of worry, tension, dread, or fear
  - C) asking people to rate their current level of anxiety on a 1-to-10 scale
  - D) None of the other alternatives is correct because anxiety is a subjective emotional state that cannot be operationally defined.
125. Descriptive research studies:
- A) typically answer the "who, what, where, when, and how often" questions about behavior.
  - B) are no longer used in contemporary psychology.
  - C) have been replaced by sophisticated brain imaging techniques.
  - D) provide the most compelling evidence of cause-and-effect relationships.
126. The basic goal of the experimental method is to:
- A) demonstrate that one variable causes change in a second variable.
  - B) describe and predict naturally occurring phenomena.
  - C) investigate a single subject in depth.
  - D) discover new operational definitions.
127. Which type of research method is used to show that one variable causes change in another variable?
- A) naturalistic observation
  - B) survey
  - C) experimental research
  - D) descriptive method
128. Dr. Hazlett used statistics and determined that the result of her experiment was statistically significant. Dr. Hazlett then concluded that the:
- A) results of the experiment were not likely to have occurred by chance.
  - B) results of the experiment have practical importance in everyday life.
  - C) hypothesis for the experiment was not supported.
  - D) correlation coefficient was zero.

129. A meta-analysis is most useful when:
- A) there are not enough participants in an experiment.
  - B) a particular issue has generated a large number of studies, some of which have produced weak or contradictory results.
  - C) the statistical analysis indicates that the results are statistically significant but the hypothesis is not supported.
  - D) the experiment has never been replicated.
130. Dr. O'Connor was interested in whether men and women differ in sexual attitudes. She found that more than 170 studies had already been published on this issue. Using \_\_\_\_\_, she combined the results of these studies and analyzed the data for overall trends.
- A) meta-analysis
  - B) naturalistic observation
  - C) pseudoscientific analysis
  - D) a natural experiment
131. Meta-analysis is:
- A) a statistical technique that combines and analyzes the findings of many different studies on a particular topic in order to determine overall trends.
  - B) the final step in the scientific method.
  - C) a type of computer program used to collect and analyze the results of case study research.
  - D) a pseudoscience.
132. When psychologists report the findings of a study in a scientific journal, it's important that they include a description of all of the following EXCEPT how:
- A) the study participants were chosen.
  - B) the data were analyzed.
  - C) variables were operationally defined.
  - D) the journal reviewers responded to the findings.
133. A \_\_\_\_\_ is a specific question or prediction to be tested, whereas a(n) \_\_\_\_\_ tries to integrate and summarize a large number of findings on a particular topic.
- A) hypothesis; theory
  - B) variable; operational definition
  - C) theory; hypothesis
  - D) descriptive method; experimental method

134. A theory:
- A) is another term for a hypothesis.
  - B) integrates and summarizes diverse findings on the same topic.
  - C) is based strictly on speculation with little or no empirical evidence.
  - D) is a statement of absolute fact that eventually becomes a scientific law.
135. Theory is to hypothesis as \_\_\_\_\_ is to \_\_\_\_\_.
- A) prediction; control
  - B) chance; description
  - C) control; model
  - D) model; prediction
136. A useful theory is one that does all of the following EXCEPT:
- A) furthers the understanding of behavior.
  - B) allows predictions to be made.
  - C) ensures statistical significance in an experiment.
  - D) stimulates new research.
137. A pseudoscience is a:
- A) specific branch of science focused on a single issue and based on compelling empirical evidence.
  - B) group of different sciences, such as psychology, sociology, and anthropology, that focus on the same general issue.
  - C) fake or false science that is based on little or no scientific evidence.
  - D) form of science that emphasizes findings that have practical value (applied science) rather than new knowledge just for the sake of new knowledge (pure science).
138. The word pseudo means:
- A) numerous or many.
  - B) fake or false.
  - C) applied or practical.
  - D) unconventional or unusual.
139. The practice of applying magnets to the body to supposedly treat various conditions and ailments is called:
- A) transcranial magnetic stimulation (TMS).
  - B) magnetic resonance imaging (MRI).
  - C) magnet therapy.
  - D) positron emission tomography (PET).

140. Scientific research into the effects of magnet therapy has concluded that:
- A) there is evidence that magnets of various types can relieve pain and other ailments.
  - B) magnets applied to the head enlarge the hippocampus and improve memory and learning abilities.
  - C) there is no evidence that magnets can relieve pain.
  - D) static magnets are more effective in relieving pain and other ailments than transcranial magnetic stimulation (TMS) or magnetic resonance imaging (MRI).
141. The Snape Oil Supplement Company uses sincere and compelling testimonials and personal anecdotes to promote its products on TV infomercials. These testimonials:
- A) are acceptable scientific evidence.
  - B) should be believed because they appear to be genuine and the products really did help these people as they claim.
  - C) lack the basic controls used in research and are not acceptable scientific evidence.
  - D) are a type of descriptive research method called naturalistic observation.
142. To bolster the credibility of their claims, pseudoscientists:
- A) typically use lots of scientific jargon without scientific substance.
  - B) use the double-blind technique.
  - C) rely on empirical evidence.
  - D) apply experimental methods.
143. An irrefutable or nonfalsifiable claim:
- A) is supported by empirical evidence.
  - B) cannot be disproved or tested in any meaningful way.
  - C) results directly from applying critical thinking to pseudoscientific claims.
  - D) is a testable prediction or question.
144. A friend tells you that putting a small cardboard pyramid under your bed as you sleep at night will enhance your "psychic energy" and give you "inner peace." Pseudoscientific claims like this:
- A) are irrefutable or nonfalsifiable because they use vague terms like "psychic energy" and "inner peace" and cannot be disproved or tested in any meaningful way.
  - B) can be tested only using brain-imaging technology such as PET scans, MRI, or fMRI.
  - C) can be tested only with natural experiments.
  - D) would be unethical to test because the researcher would have to use a double-blind study.

145. Which of the following descriptions is a definition of the confirmation bias?
- A) It is the tendency to seek out evidence that confirms a claim or belief while ignoring evidence that contradicts or undermines the claim or belief.
  - B) It is a belief that irrefutable or nonfalsifiable claims can be used to confirm the existence of pseudoscientific methods and practices.
  - C) It is the tendency for subtle cues or signals, expressed by the researcher, to bias participants so that they attempt to confirm the hypothesis being tested.
  - D) It is the belief that testimonials are the best type of empirical evidence to confirm pseudoscientific claims.
146. When questioned, advocates of pseudoscientific claims do not provide supporting scientific evidence but instead challenge you to disprove their claims. This strategy or ploy is called:
- A) the single-blind technique.
  - B) shifting the burden of proof.
  - C) the "multiple outs" strategy.
  - D) the double-blind technique.
147. When Brenda's son did not experience any of the claimed benefits from wearing a magnetic vest, she was told that magnets act differently on different body parts, that the vest might not have been properly secured, and that everyone's body reacts differently to magnet therapy. The therapist encouraged her to continue using the vest, saying that the healing effect would not be noticeable until her son had worn it longer. This example illustrates:
- A) the use of "multiple outs."
  - B) descriptive research methods.
  - C) the practice effect.
  - D) the effect of demand characteristics.
148. In contrast to experimental research the basic goal of the descriptive research is to:
- A) demonstrate a cause-and-effect relationship between two variables.
  - B) manipulate variables in a meaningful way.
  - C) deduce valid operational definitions and generate new experiments.
  - D) observe and describe behavior.
149. When psychologists systematically observe and record behaviors as they occur in their natural settings, they are using a descriptive method called:
- A) case study survey research.
  - B) meta-analysis.
  - C) naturalistic observation.
  - D) experimental research.

150. Dr. Harmon wants to study the conditions under which some children are rejected by their peers. Daily, from the beginning of a school year, she carefully watches and records the behavior of kindergartners, first graders, and second graders in the classroom and on the playground. Dr. Harmon is using:
- A) a survey.
  - B) naturalistic observation.
  - C) a case study.
  - D) experimental research.
151. The primary goal of naturalistic observation is to:
- A) conduct an experiment in an artificial environment.
  - B) detect natural behavior patterns.
  - C) improve the survival rate of endangered species and preserve threatened habitats.
  - D) disrupt natural behavior patterns and observe the results.
152. Which of the following statements is a key advantage of naturalistic observation?
- A) Researchers can manipulate animal and human behavior.
  - B) Operational definitions are not needed, since only natural behaviors are studied.
  - C) Researchers can easily duplicate conditions that have been first investigated in laboratory settings.
  - D) Researchers can study behavior that could not ethically be manipulated in an experiment.
153. Why do researchers try to avoid being detected by their participants when engaged in naturalistic observations?
- A) The researchers themselves could be considered a dependent variable that affects the results of the study.
  - B) Naturally occurring behavior patterns might not occur if the participants become aware that they are being observed.
  - C) It is unethical to conduct naturalistic observation if the participants know that they are being observed.
  - D) Participants may continue to act naturally with the researchers, but the researchers may not act like researchers once they begin to interact with the participants.

154. After many media reports of aggressive behavior by parents and other adult spectators in the stands at Canadian youth hockey games, psychologists systematically recorded the comments of adult spectators at youth hockey games in a large Canadian city. They found that almost two-thirds of the comments were directed at the players rather than the referees, and that most comments were positive and encouraging rather than negative or critical. The psychologists used a descriptive research method called:
- A) a case study.
  - B) naturalistic observation.
  - C) survey research.
  - D) the representative sample.
155. A case study is a(n):
- A) intensive in-depth investigation of an individual, a family, or some other social unit.
  - B) method of determining whether an experiment reflects natural conditions.
  - C) survey involving only people who are likely to confirm the experimenter's hypothesis.
  - D) study involving multiple participants who all suffer from the same psychological problems and are given the same experimental treatment.
156. Case studies:
- A) are commonly used by clinical psychologists and other mental health professionals to develop a complete profile of a psychotherapy client.
  - B) were popular when psychology was first founded but are almost never used today.
  - C) are not considered to be a legitimate form of scientific evidence.
  - D) are the main scientific tool used to establish a cause-and-effect relationship.
157. Professor Nichols is interested in child prodigies. For example, she followed the development of a 3-year-old child who already spoke 6 languages, taught herself how to play the piano, flute, and violin, and composed music that most experienced adults are unable to do. Which type of research is MOST likely used by Professor Nichols in this scenario?
- A) survey
  - B) naturalistic observation
  - C) case study
  - D) meta-analysis



158. Which of the following is a limitation of case studies?
- A) They tell us little about rare, unusual, or extreme conditions.
  - B) Findings on people with rare or unusual characteristics might not apply to people in the broader population.
  - C) They are often influenced by experimenter bias.
  - D) Participants do not always answer questions honestly, especially when asked about sensitive topics.
159. Which of the following statements is an important advantage of surveys?
- A) Surveys can be developed by people with no scientific training.
  - B) Researchers are able to gather information from a larger group of than is possible with other research methods.
  - C) The dependent variable is more easily manipulated than in formal experiments.
  - D) If there are more than 3,000 participants, the results are likely to be valid no matter how the participants were chosen.
160. In survey research, the term sample refers to a(n):
- A) preliminary questionnaire that is used to develop the final survey.
  - B) selected segment of the larger group that is to be studied.
  - C) small pilot study that is later repeated using a larger group of participants.
  - D) entire group of people the researchers want to study.
161. A representative sample is a:
- A) group of participants that closely parallels the larger group to be studied on relevant characteristics, such as age, sex, race, marital status, and educational level.
  - B) sample questionnaire that represents the most likely set of survey responses.
  - C) small group of volunteers who try to predict the survey results.
  - D) list of all the possible questions that might be represented on the final survey.
162. Sample is to population as \_\_\_\_\_ is to \_\_\_\_\_.
- A) random selection; naturalistic observation
  - B) some; all
  - C) case study; survey
  - D) case study; multiple case study

163. What process is most commonly used to select survey participants so that they are a representative sample of the population that is being studied?
- A) double-blind selection
  - B) single-blind selection
  - C) random selection
  - D) using only those participants who volunteer to be part of the study
164. Professor Lyon decided to study food preferences of U.S. college students, so he asked his students to volunteer to participate in a lengthy survey. Based on the information given, Professor Lyon's survey results are probably invalid because:
- A) he did not use an operational definition.
  - B) the sample selected is not representative of the larger group.
  - C) the selected hypothesis cannot be disproved or tested in any meaningful way.
  - D) he did not use independent and dependent variables.
165. To ensure that participants are responding honestly and consistently, survey researchers:
- A) usually withhold payment for participating in the survey until the person's answers have been independently checked and verified.
  - B) almost always interview the participants on two separate occasions using two different interviewers.
  - C) sometimes ask the same basic question at different points in the interview in different ways.
  - D) routinely check the participant's responses with the spouse or a friend of the participant.
166. One potential problem with surveys and questionnaires is that:
- A) people do not always answer honestly.
  - B) random selection procedures are not possible with these forms of data collection.
  - C) expectancy effects usually invalidate the findings.
  - D) these techniques produce illusory correlations rather than true correlations.
167. Professor Nelson wishes to investigate the relationship between stress and visits to the college mental health clinic. Which of the following research methods would be MOST appropriate?
- A) pseudoscientific research
  - B) correlational study
  - C) meta-analysis
  - D) naturalistic experiment

168. A correlational study:
- A) examines how strongly two variables are related to one another.
  - B) can be used to establish a cause-and-effect relationship.
  - C) is no longer allowed under today's ethical guidelines.
  - D) has little utility, since it is merely descriptive.
169. A correlation coefficient is a(n):
- A) numerical indicator of the strength and direction of a relationship between two factors.
  - B) independent variable that is used in a correlational study.
  - C) numerical indicator of the statistical insignificance of the findings in a particular research study.
  - D) index of the practical rather than the statistical significance of research findings.
170. Which of the following numbers is NOT a possible correlation coefficient?
- A) +1.00
  - B) -0.98
  - C) +1.72
  - D) +.54
171. After conducting a statistical analysis of responses to a survey, Professor Patterson finds a correlation of +2.36 between participation in sporting events and physical injuries. This finding indicates that:
- A) Professor Patterson has made a serious error in calculating the correlation coefficient.
  - B) a cause-and-effect relationship exists between participation in sporting events and physical injuries.
  - C) as participation in sporting events increases, the risk of physical injury also increases.
  - D) as participation in sporting events decreases, the risk of physical injury increases.
172. Which of the following correlation coefficients represents the strongest relationship between two factors?
- A) -.15
  - B) +.03
  - C) +.38
  - D) -.80

173. Your instructor notices that in many of his classes, the longer he lectures, the more students yawn. This represents:
- A) a positive correlation.
  - B) a negative correlation.
  - C) a cause-and-effect relationship.
  - D) scientific proof that yawning is contagious.
174. A study on parental use of corporal punishment found a relationship between parental socioeconomic status and use of corporal punishment. Put simply, as socioeconomic status declines, the rate of parents' use of corporal punishment rises. This finding represents a:
- A) cause-and-effect relationship.
  - B) positive correlation.
  - C) negative correlation.
  - D) classic example of an expectancy effect.
175. Positive correlation is to negative correlation as \_\_\_\_\_ is to \_\_\_\_\_.
- A) correlation coefficient; correlational study
  - B) 1.00; 0.00
  - C) variables moving in the same direction; variables moving in opposite directions
  - D) variables moving in opposite directions; variables moving in the same direction
176. Which of the following statements about correlational studies is TRUE?
- A) Correlation equals causation.
  - B) Correlation does not necessarily indicate causality.
  - C) Correlational studies are used in the experimental design.
  - D) Correlational studies tell us very little about the relationship between variables.
177. The research method that is used to demonstrate a cause-and-effect relationship between changes in one variable and the effects on another variable is called \_\_\_\_\_ research.
- A) descriptive
  - B) correlational
  - C) experimental
  - D) meta-analytic

178. Which of the following is a definition of experimental research?
- A) research strategy that allows the precise conclusion of how strongly two factors are related to each other
  - B) method of study that involves an intensive, in-depth investigation of a single individual or small group of individuals
  - C) systematic observation and recording of behaviors as they occur in their natural setting
  - D) research method used to determine a cause-and-effect relationship between changes in one variable and the effect that is produced on another variable
179. Researchers at State University wanted to test the hypothesis that distributed, or spaced, practice results in better retention of material than massed practice or cramming. To find out if there is a cause-and-effect relationship, the researcher should use:
- A) correlational research.
  - B) experimental research.
  - C) naturalistic observation.
  - D) surveys or questionnaires.
180. In an experiment the independent variable is the variable that is:
- A) affected by changes in the dependent variable.
  - B) unknown.
  - C) beyond the researcher's control, as it independently varies or changes over time.
  - D) deliberately manipulated by the researcher.
181. In an experiment the dependent variable is:
- A) always equivalent to zero.
  - B) the factor that is measured for change and influenced by the independent variable.
  - C) measured only in the control group participants.
  - D) deliberately manipulated by the researcher.
182. Researchers interested in how sleep deprivation affected performance randomly assigned participants to groups that had one, two, or three nights of sleep deprivation. Then they tested their reaction times on a standard motor reaction task. The dependent variable in this experiment was:
- A) the amount of sleep deprivation each group was subjected to.
  - B) how much sleep each group needed following the sleep deprivation experiment.
  - C) the reaction times of the three groups on the standard motor reaction task.
  - D) how often the participants fell asleep during the sleep deprivation phase of the experiment.

183. In an experiment, the factor that is observed and measured for change and is thought to be influenced by the independent variable is called the \_\_\_\_\_ variable.
- A) extraneous
  - B) treatment
  - C) dependent
  - D) confounding
184. Researchers at the Allied Mental Health Center are conducting a study to determine how quickly symptoms of major depressive disorder are reduced by different forms of psychotherapy. What is the independent variable in this study?
- A) change in the symptoms of major depressive disorder
  - B) method used to recruit participants for the study
  - C) form of psychotherapy used to treat major depressive disorder
  - D) cost of the study
185. Professor Hebb is studying whether learning is affected by different environments. He raises some rats in cages with many interesting objects to play on and explore. Other rats are raised in isolated, barren cages with none of the interesting objects. Later, Hebb carefully records how many attempts it takes each rat to learn to run a maze with no mistakes. What is the independent variable in this study?
- A) how many attempts it takes each rat to learn to run a maze
  - B) being raised in an interesting or a barren environment
  - C) cost of the conducting the experiment
  - D) number of rats in the study
186. Dr. Kiecolt-Glaser is a health psychologist studying whether stress impairs the body's ability to heal. In the highly stressful week before final exams, dental students are given an oral punch biopsy—a small sample of gum tissue is removed. The number of days for the oral wound to completely heal is recorded. The same dental students receive a second oral punch biopsy during summer vacation. Once again, the number of days until the oral wound completely healed was recorded. What is the independent variable in this study?
- A) number of days for the oral wound to heal
  - B) whether the oral wound was created during a high stress or low stress period
  - C) whether the dental students were working or relaxing during the summer vacation
  - D) average number of hours of sleep the students experienced in the day immediately following the gum wound

187. A health psychologist is conducting an experiment on the link between short-term psychological distress and the immune system. Participants in the first group watched a 30-minute film in which a carpenter and his assistant demonstrated how to build a deck for a house. Participants in the second group watched an almost identical film, except that during the last few minutes of the film, the carpenter slipped while operating an electric hand saw and cut off one of his assistant's fingers. Immediately after the film, blood samples were drawn from each subject and assessed for the number of disease-fighting white blood cells. What is the independent variable in this experiment?
- A) number of mistakes made by participants in recalling details of the film
  - B) level of immune system functioning in each group
  - C) number of white blood cells found in the blood samples taken from each group
  - D) exposure to the neutral film or to the film showing the accident
188. Dr. Martinez is studying the effects of diet on mental alertness. Each morning for two weeks, participants in Dr. Martinez's study eat a breakfast that is either high in carbohydrates or high in protein. Dr. Martinez then measures the participants' abilities to solve geometry problems. What is the dependent variable in this study?
- A) high carbohydrate versus high protein breakfast
  - B) length of the study (two weeks)
  - C) ability to solve geometry problems
  - D) Not enough information is provided in the question to determine the dependent variable
189. The factor or variable other than the ones being studied that, if not controlled, could affect the outcome of an experiment is the \_\_\_\_\_ variable.
- A) independent
  - B) extraneous
  - C) dependent
  - D) outcome
190. While conducting research on intelligence the experimenters were very careful to control for unwanted variability in such factors as age, gender, ethnic background, and socioeconomic status. They did this in order to avoid or minimize the influence of:
- A) extraneous or confounding variables.
  - B) dependent or outcome variables.
  - C) demand characteristics.
  - D) practice effects.

191. In Dr. Foster's study one group is given a new medication that is believed to reduce anxiety. Another group is given a medication that looks like the real medication but has none of the active ingredients in it to affect anxiety. In this experiment the experimental group is the:
- A) group that receives the new medication.
  - B) group that receives the medication without the active ingredients.
  - C) anxiety group.
  - D) group without anxiety.
192. The experimental group is the group of:
- A) participants exposed to the dependent variable.
  - B) participants exposed to the independent variable.
  - C) psychologists who are collaborating on an experiment.
  - D) variables that require operational definitions.
193. Random assignment refers to a procedure that:
- A) ensures that all participants have an equal chance of being assigned to any of the experimental conditions or groups.
  - B) helps psychologists determine which factors should be defined as dependent variables.
  - C) is used in statistics to determine whether results are random or simply due to chance.
  - D) randomly assigns different procedures to different researchers in order to minimize experimenter bias.
194. In an experiment investigating the hypothesis that aerobic exercise improves concentration and memory, all the participants had an equal chance of being assigned to any of the three conditions in the study. The researchers have used \_\_\_\_\_ to minimize the possibility of bias when assigning participants to the different groups.
- A) the practice effect
  - B) random assignment
  - C) the single-blind technique
  - D) the double-blind technique



195. Researchers were interested in the effects of alcohol consumption on the perceived attractiveness of members of the opposite sex. One group of participants was given four drinks containing alcohol, and another group was given four drinks that did not contain alcohol, but both the alcoholic and nonalcoholic drinks tasted identical. Next, both groups of participants rated the attractiveness of members of the opposite sex by viewing pictures and rating attractiveness on a 1-to-10 scale. Which of the following is the independent variable in this study?
- A) alcohol consumption
  - B) ratings on the attractiveness scale
  - C) the taste of the drinks
  - D) perceived attractiveness
196. Researchers were interested in the effects of alcohol consumption on the perceived attractiveness of members of the opposite sex. One group of participants was given four drinks containing alcohol, another group was given four drinks that did not contain alcohol, but both the alcoholic and nonalcoholic drinks tasted identical. A final group was given no drinks at all. Next, all three groups of participants rated the attractiveness of members of the opposite sex by viewing pictures and rating attractiveness on a 1-to-10 scale. Which group was the placebo group?
- A) group that did not receive any drinks
  - B) group that received four alcoholic drinks
  - C) group that received four nonalcoholic drinks
  - D) There was no placebo control group
197. In a study on the effects of caffeine on memory one group of participants drank a bottle of tasteless water containing 100, 50, or 0 milligrams of caffeine. Another group of drank a bottle of water with no caffeine. The participants assigned to the group that got bottled water with no caffeine represents the \_\_\_\_\_ in this study.
- A) dependent variable
  - B) placebo group
  - C) meta-analysis
  - D) experimental group
198. The participants who are assigned to the group that receives a fake substance, treatment, or procedure that has no known direct effects are in the \_\_\_\_\_ group.
- A) experimental
  - B) extraneous
  - C) placebo
  - D) practice

199. Paul Solomon and his colleagues investigated the effects of the herb ginkgo biloba on memory, concentration, and other mental tasks. All participants in the study took a battery of cognitive tests at the beginning and end of the six-week study. The results showed that the test scores increased about the same for the participants in the experimental group as for the participants in the placebo control group. How is this best explained?
- A) The researchers did not use a double-blind technique in the study, and therefore the results may have been influenced by demand characteristics.
  - B) Because the researchers failed to use random assignment the ginkgo biloba group may have had more "health conscious" participants than the placebo group, which may have biased the results.
  - C) From simply taking the cognitive tests twice the participants in both groups experienced a practice effect that improved their test scores.
  - D) Because the test scores had improved by the end of the experiment it can be concluded that ginkgo biloba significantly improves memory, alertness, concentration, and mental focus.
200. The finding that practicing retrieval of information from memory produces better retention than restudying the same information for an equivalent amount of time is called the \_\_\_\_\_ effect.
- A) cohort
  - B) testing
  - C) placebo
  - D) confounding
201. A placebo is:
- A) a fake substance, treatment, or procedure that has no known direct effects.
  - B) the dependent variable in an experiment testing drug effects.
  - C) a statistical technique used to eliminate errors in measurement.
  - D) a drug that is supplied to the experimental groups.
202. A placebo effect is:
- A) a change in a subject's behavior that is produced by the subject's beliefs and expectations rather than the actual drug, treatment, or procedure.
  - B) a researcher's confidence in his or her findings.
  - C) the instructions that are given to the research participants before an experiment begins.
  - D) the results that a researcher expects to discover.

203. In a study on the effects of caffeine on memory, Dr. Levine asked participants to drink a bottle of unflavored water containing 100, 50, or 0 milligrams of caffeine. Neither Dr. Levine nor the study participants knew whether the water contained caffeine or not. This is an example of a \_\_\_\_\_ study.
- A) correlational
  - B) case
  - C) single-blind
  - D) double-blind
204. In a double-blind study:
- A) only the researcher knows which participants have been exposed to the independent variable.
  - B) both the researcher and the participants know whether the participants have been exposed to the independent variable.
  - C) the subject is blindfolded during treatment.
  - D) both the participants and the researcher who interacts with them are unaware of the treatment or condition to which the participants have been assigned.
205. An experimental control in which neither the researchers nor the participants are aware of the treatment or condition to which the participants have been assigned is called \_\_\_\_\_.
- A) the correlation technique
  - B) the pseudoscientific method
  - C) the double-blind technique
  - D) meta-analysis
206. The purpose of using a double-blind research design is to:
- A) guard against the possibility that a researcher will inadvertently communicate the behavior that is expected of the participants.
  - B) guard against the release of confidential information.
  - C) guarantee the anonymity of the participants.
  - D) determine which participants will be exposed to the dependent variable.

207. As part of her graduate research Lydia conducted a study on how college students respond to hypothetical moral dilemmas. She read the dilemmas aloud to the participants and then asked a series of questions. When a participant responded in a manner that supported her hypothesis, Lydia nodded slightly in agreement. Lydia's behavior illustrates the concept of:
- A) demand characteristics.
  - B) testing effects.
  - C) the placebo effect.
  - D) practice effect.
208. Experiments can provide important information, but they also have limitations. Which of the following is one of the limitations discussed in textbook?
- A) Experiments are often conducted in highly controlled laboratory environments and thus may have little to do with actual behavior.
  - B) Experimental results cannot be used to establish a cause-and-effect relationship between two variables.
  - C) Experiments are excellent at describing a phenomenon but cannot be used to make predictions.
  - D) For ethical reasons, only animals can be experimental participants, and conclusions may not be relevant to human behavior.
209. Limitations of experimental research include which of the following?
- A) It may not be feasible to establish a cause-and-effect relationship.
  - B) The phenomena the researchers want to study may be impossible or unethical to control experimentally.
  - C) Cultural factors cannot be studied experimentally.
  - D) Because the participants are "blind" to the experimental conditions, they are unable to give informed consent.
210. The results of experiments conducted in a laboratory may not \_\_\_\_\_ well, meaning that the results cannot be applied to real-world situations or to more general populations beyond the participants in a study.
- A) replicate
  - B) generalize
  - C) duplicate
  - D) internalize

211. A study investigating the effects of a naturally occurring event on the research participants is known as:
- A) a correlational research.
  - B) a case study research.
  - C) the double-blind technique.
  - D) a natural experiment.
212. A natural experiment is a study that:
- A) investigates the effects of a naturally occurring event on the research participants.
  - B) involves the systematic observation and recording of behaviors as they occur in their natural setting.
  - C) uses a questionnaire or interview to investigate the opinions, behaviors, or characteristics of a particular group.
  - D) involves the intensive, in-depth investigation of a single individual or small group of individuals.
213. After the dictatorship ended in Slobonia, many children were found in state-run orphanages where they had been badly treated and often neglected. These children were placed for adoption and researchers followed their progress over a number of years, measuring psychological and physical indicators of well-being. This type of research is called:
- A) a correlational study.
  - B) a natural experiment.
  - C) a comparative psychology experiment.
  - D) a pseudoscientific research.
214. One limitation of naturalistic experiments is that:
- A) they tell us nothing about cause-and-effect relationships.
  - B) they are often biased by researcher expectations.
  - C) researchers cannot assign large numbers of participants to long-term living situations.
  - D) researchers carry them out in a laboratory, which may not reflect real-life situations.
215. When evaluating research claims it is important to engage in \_\_\_\_\_, which involves actively questioning statements rather than blindly accepting them.
- A) biased assessment
  - B) double-blind thinking
  - C) scientific replication
  - D) single-blind thinking

216. Which of the following four steps are used when determining the validity of a scientific claim?
- A) Formulate a hypothesis, design a study to collect data, analyze the data, and report the results.
  - B) Identify an operational definition, analyze the variables, evaluate the statistical significance, and ensure replication.
  - C) Identify the independent variable, measure the dependent variable, consider confounding variables, and determine cause-and-effect relationships.
  - D) Identify the claim, evaluate the evidence, consider alternative explanations, and consider the source of the research or claim.
217. Six-year-old Gary could not stop throwing up after being hit on his head. To help detect possible damage or brain swelling, doctors took a detailed image of the boy's brain structures using a powerful, non-invasive technique that involves harmless magnetic fields. What instrument was used?
- A) PET scanner
  - B) electroconvulsive therapy (ECT) instrument
  - C) transcranial magnetic stimulation (TMS)
  - D) MRI scanner
218. Which of the following techniques or instruments generates color-coded images of the brain's activity by tracking a small amount of radioactively tagged compound, such as glucose, oxygen, or a drug that is injected into the person's bloodstream?
- A) transcranial magnetic stimulation (TMS)
  - B) electroconvulsive therapy (ECT)
  - C) magnetic resonance imaging (MRI)
  - D) positron emission tomography (PET)
219. Functional magnetic resonance imaging (fMRI):
- A) combines the ability to produce a detailed image of the brain's structures with the capacity to track the brain's activity and functioning.
  - B) involves injecting the participant with a radioactively tagged compound, such as glucose, that is tracked as it is used in different brain regions.
  - C) is limited because the participant cannot be repeatedly scanned.
  - D) produces brain images that are not as sharp as and are much less detailed than those produced by PET scans.

220. To identify which brain areas are most active when a person suffering from schizophrenia has hallucinations, researchers could use a(n) \_\_\_\_\_ scan to track the use of radioactively tagged glucose throughout the brain.
- A) MRI
  - B) PET
  - C) fMRI
  - D) ECT
221. Dr. Gomez wanted to investigate the effects of nicotine on the activity of the brain. Because she did not want to expose people to radioactivity or use any invasive procedures to measure brain activity, Dr. Gomez chose to use \_\_\_\_\_ for her measures of brain activity.
- A) the double-blind technique (DBT)
  - B) PET scans
  - C) transcranial magnetic stimulation (TMS)
  - D) functional MRI (fMRI) scans
222. When comparing fMRIs to PET scans, you can see that:
- A) PET scans provide a much sharper picture than fMRIs.
  - B) PET scans use less radioactive glucose than fMRIs.
  - C) fMRIs provide a picture of brain activity averaged over seconds rather than the several minutes that PET scans require.
  - D) PET scans can be used to study the details of much smaller brain structures than fMRIs.
223. Which of the follow statements was NOT discussed in the Chapter 1 "Focus on Neuroscience" feature as a potential limitation of brain imaging studies?
- A) Because the participants in the brain-imaging studies usually have some type of brain damage, it is difficult to draw conclusions about the functioning of the healthy, intact human brain.
  - B) Because brain-imaging research tends to involve small groups of participants, caution must be exercised in generalizing results to a wider population.
  - C) If a psychological process is complex, it is much less likely that brain imaging will identify a specific brain region uniquely associated with that psychological process.
  - D) Knowing that a particular psychological process activates a particular brain area does not necessarily further the explanation or understanding of the psychological process.

224. According to the Focus on Neuroscience "Psychological Research Using Brain Imaging," which of the following statements is a potential limitation of brain imaging?
- A) It is now considered unethical to use these techniques on humans, only animal studies are permitted.
  - B) Brain-imaging studies usually involve a small number of participants and tend to focus on simple aspects of behavior.
  - C) Brain imaging may not increase understanding of a psychological process.
  - D) Brain imaging is not necessarily a more "scientific" explanation.
225. Under the American Psychological Association's ethical code for psychologists psychological researchers:
- A) must respect the dignity and welfare of the research participants.
  - B) must consult each participant's family doctor.
  - C) are never allowed to use deceptive techniques as part of a study.
  - D) can identify research participants by name, but only in professional journals.
226. The ethical requirement of informed consent means that:
- A) all participants must read and approve any written reports of the research results before they are published.
  - B) participants must be completely informed about the purpose and conditions of the research, and must be free to withdraw from the research at any time.
  - C) research participants must agree not to divulge any information about the nature of the study to any outside party.
  - D) once the participants have agreed to participate in the study, they may not withdraw for any reason other than medical necessity.
227. Deception in psychology experiments:
- A) has not been allowed since the 1960s when participants in Stanley Milgram's obedience study were not told beforehand that they would have to use electric shock to punish the "learner" every time the "learner" made a mistake.
  - B) is allowed when it is not feasible to use alternatives that do not involve deception, and when the potential findings justify its use because of the scientific, educational, or applied value.
  - C) is expressly forbidden by the provisions in the 2002 APA ethical guidelines and regulations.
  - D) is allowed under the 2002 APA ethical guidelines without any restrictions or conditions.



228. Psychologists can use deception techniques as part of a study only when certain conditions have been met. Which statement is one of these conditions?
- A) Studies with nonhuman animals have demonstrated the importance of the research to humans.
  - B) It is not feasible to use alternatives that do not involve deception.
  - C) The researchers can use deception when they have ensured the confidentiality of identifiable information about the participants.
  - D) There are significant factors that would influence the person's willingness to participate in the research.
229. Once a person has agreed to participate in a research study as a subject:
- A) the person is obligated to stay in the study until its conclusion.
  - B) the person gives up his or her right to confidentiality of information.
  - C) deception may be used since the person has agreed to the research participation.
  - D) the person is still free to withdraw from the research at any time.
230. Juanita participated in a psychology research project that involved solving a number of arithmetic problems. During the experiment, she was informed that her solutions were incorrect. After the experiment was completed, a research assistant explained the purpose of the experiment. He told Juanita that she had actually answered all items correctly, and then explained why the experiment required that she be told that her answers were wrong. This stage of the research represents:
- A) informed consent.
  - B) confidentiality.
  - C) debriefing.
  - D) voluntary participation.
231. Professor Jennings has offered extra credit to any of his undergraduate students who participate in research. Ethically, what must Professor Jennings do for his class?
- A) Insist that everyone participate in the research in order to ensure fairness.
  - B) Students must be given an alternative option for obtaining extra credit if they decide not to participate in the research.
  - C) He does not have to give an alternative opportunity for extra credit, and he is allowed to deduct points for any student who does not participate.
  - D) Because the research is associated with the course, he does not have to ensure confidentiality.

232. Ethical standards for animal research in psychology:
- A) are identical to the standards for research using human participants.
  - B) are nonexistent.
  - C) are set by the American Psychological Association and by state and federal laws.
  - D) apply only to research using monkeys and chimps.
233. Of the psychological studies conducted in the United States that use animals, which animals are MOST commonly used?
- A) rodents or birds
  - B) chimps or gorillas
  - C) pigeons or pigs
  - D) dogs and cats
234. The branch of psychology that focuses on the study of the behavior of different animal species is called \_\_\_\_\_ psychology.
- A) evolutionary
  - B) comparative
  - C) experimental
  - D) biological
235. Which of the following statements is NOT one of the reasons that animals are used in psychological research?
- A) There are many similarities between human and animal behavior.
  - B) It is often easier to study changes over the lifespan with nonhuman animals.
  - C) Research with nonhuman animal research is not subject to ethical rules and guidelines.
  - D) The results may promote the quality of life for zoo animals and the survival of endangered species in the wild.
236. According to the "Psych for Your Life: Successful Study Techniques" box in your textbook,
- A) multitasking while studying can enhance retention of content.
  - B) taking notes on your laptop enhances retention of content, whereas taking notes by hand reduces retention.
  - C) repeated study has a greater effect on final test performance than repeated testing.
  - D) distributed practice has a greater impact on retention and recall than massed practice.

237. To increase the likelihood that he will retain information while studying for his Introduction to Psychology exam, Brayden should
- A) multitask while studying.
  - B) engage in massed practice.
  - C) avoid taking notes by hand, and use the laptop or any other electronic device to take notes.
  - D) highlight no more than one or two points per paragraph in the study material.

## Answer Key

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

45. C
46. D
47. D
48. B
49. D
50. C
51. A
52. B
53. A
54. C
55. A
56. B
57. C
58. D
59. C
60. A
61. B
62. C
63. D
64. C
65. A
66. C
67. D
68. A
69. C
70. D
71. A
72. D
73. A
74. B
75. B
76. B
77. A
78. D
79. C
80. D
81. B
82. B
83. B
84. C
85. C
86. B
87. B
88. A
89. C
90. D

91. C
92. C
93. D
94. C
95. B
96. D
97. A
98. C
99. B
100. A
101. B
102. D
103. C
104. B
105. D
106. B
107. D
108. A
109. D
110. A
111. A
112. B
113. D
114. A
115. A
116. C
117. D
118. D
119. A
120. C
121. B
122. B
123. C
124. C
125. A
126. A
127. C
128. A
129. B
130. A
131. A
132. D
133. A
134. B
135. D
136. C

- 137. C
- 138. B
- 139. C
- 140. C
- 141. C
- 142. A
- 143. B
- 144. A
- 145. A
- 146. B
- 147. A
- 148. D
- 149. C
- 150. B
- 151. B
- 152. D
- 153. B
- 154. B
- 155. A
- 156. A
- 157. C
- 158. B
- 159. B
- 160. B
- 161. A
- 162. B
- 163. C
- 164. B
- 165. C
- 166. A
- 167. B
- 168. A
- 169. A
- 170. C
- 171. A
- 172. D
- 173. A
- 174. C
- 175. C
- 176. B
- 177. C
- 178. D
- 179. B
- 180. D
- 181. B
- 182. C

- 183. C
- 184. C
- 185. B
- 186. B
- 187. D
- 188. C
- 189. B
- 190. A
- 191. A
- 192. B
- 193. A
- 194. B
- 195. A
- 196. C
- 197. B
- 198. C
- 199. C
- 200. B
- 201. A
- 202. A
- 203. D
- 204. D
- 205. C
- 206. A
- 207. A
- 208. A
- 209. B
- 210. B
- 211. D
- 212. A
- 213. B
- 214. C
- 215. C
- 216. D
- 217. D
- 218. D
- 219. A
- 220. B
- 221. D
- 222. C
- 223. A
- 224. B
- 225. A
- 226. B
- 227. B
- 228. B



- 229. D
- 230. C
- 231. B
- 232. C
- 233. A
- 234. B
- 235. C
- 236. D
- 237. D

1. What roles did philosophy and physiology play in the development of psychology as an independent science?
2. How did Wilhelm Wundt and William James differ in their views of what psychology should study?
3. Discuss Charles Darwin's influence on William James and explain how Darwin's theory of evolution contributed to psychology.
4. What contributions did Mary Whiton Calkins and Margaret Floy Washburn make to psychology?
5. Discuss the achievements and contributions of Francis C. Sumner.
6. Who was Sigmund Freud, and what were the basic ideas of the school of psychological thought that he founded?
7. Compare and contrast psychoanalysis and behaviorism.
8. What roles did Ivan Pavlov, John B. Watson, and B. F. Skinner play in the founding of behaviorism?
9. What is humanistic psychology, and who introduced this approach?
10. List and describe the eight major perspectives in contemporary psychology described in the text. Be sure to address how each perspective differs in emphasis and approach.
11. Contrast the behavioral perspective with the cognitive perspective.
12. Which perspective in contemporary psychology was influenced by Carl Rogers and Abraham Maslow? What does this perspective focus on?

13. How do individualistic cultures differ from collectivistic cultures?
14. Evolutionary theory is based on the principle of natural selection. How does the evolutionary perspective relate to our understanding of human thought and behavior?
15. How do clinical psychologists differ from psychiatrists, and how are they similar?
16. Summarize the assumptions and attitudes that are held by psychologists.
17. List the steps in the scientific method.
18. Why is it important for psychologists to report their research findings?
19. How is a theory different from a hypothesis?
20. What strategies do pseudosciences often use in promoting their claims?
21. Describe the research method of naturalistic observation, and note some of its advantages.
22. Compare and contrast the naturalistic observation method and the case study method.
23. In a scientifically conducted survey, describe how participants should be selected and explain the importance of the selection process.
24. What do correlational studies examine, and what conclusions can be drawn from a correlational study?
25. Give an example of two factors that are positively correlated, and explain what that means.

26. What is the difference between a positive correlation and a negative correlation? Give an example of each.
27. What is the difference between the independent variable and the dependent variable?
28. Professor Rahn is conducting a study on the effects of caffeine on college students' study habits. His research question is: Will students who consume moderate doses of caffeine prior to studying perform better on an exam than students who do not consume any caffeine prior to studying? Professor Rahn randomly assigns students to one of two groups: One group is given two caffeinated beverages prior to studying, and the second group is given beverages without caffeine. Both groups of students believe they are consuming caffeinated beverages. According to research on experimental controls, what is the second group of participants receiving?
29. What is a natural experiment, and how does it differ from other research methods?
30. As a critical thinker, it is important to follow four steps when determining the validity of a particular claim presented in a research study. List the four steps.
31. Describe three commonly used brain-imaging techniques that are commonly used in psychological research.
32. Describe at least three of the APA ethical guidelines.
33. What are some of the reasons that psychologists use animals in research?
34. Your best friend is having difficulty in his Introduction to Psychology course. He scores low on tests and quizzes and wants to know how he can bring up his grade. According to *Psych for Your Life*, what are six research-based suggestions that will help your friend improve his performance in class?

## Answer Key

1. The answer should include the following information: The earliest origins of psychology can be traced back several centuries to the writings of the great philosophers. More than 2,000 years ago, the Greek philosopher Aristotle wrote extensively about topics like sleep, dreams, the senses, and memory. Many of Aristotle's ideas remained influential until the seventeenth century when René Descartes, a French philosopher, came on the scene and proposed interactive dualism—the notion that the mind and body were separate but interacting entities that produced sensations, emotions, and other conscious experiences. Philosophers also laid the groundwork for the nature–nurture issue. Philosophers had debated which was more important: inborn nature of an individual or the environmental influences (to nurture the individual) that nurture the individual. So, while some psychologists investigate the relative influences of heredity versus environmental factors on behavior, today's researchers also focus on studying the dynamic interaction between environmental factors and genetic heritage. These philosophical discussions influenced the topics that would be considered in psychology. However, philosophers could only advance the understanding of human behavior to a point because of the limitation of their methods. Their methods were limited to intuition, observation, and logic. The emergence of psychology as a science hinged on advances in physiology. Physiology is a branch of biology that studies the functions and parts of living organisms, including humans. In the 1600s, interest was in the human brain and its relation to behavior. By the early 1700s, it was discovered that damage to one side of the brain produced a loss of function in the opposite side of the body. In the 1800s, scientists began to suggest that different brain areas were related to different behavioral functions. Taken together, the early work of physiologists established the foundation for the scientific methods that were subsequently applied to better understand behavior and mental processes.
2. The answer should include the following information: Wundt defined psychology as the study of consciousness and emphasized the use of experimental methods to study and measure consciousness. Edward Titchener was one of Wundt's most devoted students and he championed Wundt's ideas about the nature of psychology. He developed the concept of structuralism, which held that even our most complex conscious experiences can be broken down into elemental structures, or component parts, of sensations and feelings. William James, an American, had become intrigued by the emerging science of psychology after reading one of Wundt's articles. But there were other influences on the development of James's thinking. He took a more evolutionary approach to understanding physiology and behavior. James's ideas became the basis for a school of psychology, referred to as functionalism, which stressed studying the adaptive and practical functions of human behavior and mental experiences. Both structuralism and functionalism believed that psychology should focus on the study of conscious experiences. However, functionalists had very different ideas about the nature of consciousness and how it should be studied.
3. The answer should include the following information: In 1859, Charles Darwin's groundbreaking work, *On the Origin of Species*, was published. The book came to have a profound impact on William James's thinking about the developing field of psychology. James stressed the importance of adaptation to environmental challenges.

He wrote his own textbook on psychology that discussed brain function, habit, memory, sensation, perception, and emotion. James's ideas became the basis for a new school of psychology, called functionalism. Functionalism stressed the importance of how behavior functions to allow people and animals to adapt to their environments. Rather than trying to identify the essential structures of consciousness at a given moment, James saw consciousness as an ongoing stream of mental activity that shifts and changes. Functionalism's themes regarding the importance of the adaptive role of behavior and the application of psychology to enhance human behavior continue to be important in modern psychology.

4. The answer should include the following information: Mary Calkins studied with William James. She completed all the requirements for a Ph.D. in psychology. However, Harvard refused to grant her the Ph.D. degree because she was a woman, and at the time Harvard was not a coeducational institution. Nonetheless, Calkins made many contributions to psychology. She conducted research in dreams, memory, and personality. In 1891, she established a psychology laboratory at Wellesley College and wrote a well-regarded textbook titled *Introduction to Psychology*. In 1905, she was elected president of the American Psychological Association—the first woman, but not the last, to hold that position. Margaret Floy Washburn was the first American woman to earn an official Ph.D. in psychology. She was Edward Titchener's first doctoral student at Cornell University. She strongly advocated the scientific study of the mental processes of different animal species, and she published an influential textbook in 1908 titled *The Animal Mind*. She became the second woman elected president of the American Psychological Association.
5. The answer should include the following information: Francis C. Sumner was one of G. Stanley Hall's notable students as he was the first African American to receive a Ph.D. in psychology, from Clark University in 1920. He taught at several southern universities before moving to Howard University in Washington, D.C. At Howard, Sumner published many papers related to psychology, and he chaired a psychology department that produced more African American psychologists than all other American colleges and universities combined.
6. The answer should include the following information: Sigmund Freud, a physician from Vienna, Austria, developed a theory of personality based on uncovering causes of behavior that were unconscious, or hidden from the person's conscious awareness. Freud's school of thought, called psychoanalysis, emphasized the role of unconscious conflicts in determining behavior and personality. Freud was trained as a neurologist, but his thinking was strongly influenced by developments in psychology. Freud's psychoanalytic theory of personality and behavior was based largely on his work with his patients and on insights derived from self-analysis. Freud believed that human behavior was motivated by unconscious conflicts that were almost always sexual or aggressive in nature. Past experiences, especially those from childhood, were thought to be critical in the formation of adult personality and behavior. According to Freud, glimpses of these unconscious impulses are revealed in everyday life in dreams, memory blocks, slips of the tongue, and spontaneous humor. Freud believed that when unconscious conflicts became overwhelming, psychological disorders could result.
7. The answer should include the following information: Psychoanalysis emphasized the role of unconscious conflicts in determining behavior and personality. The

psychoanalytic theory of personality and behavior was based largely on Freud's work with patients and on insights derived from self-analysis. Freud believed that human behavior was motivated by unconscious conflicts that were almost always sexual or aggressive in nature. Past experiences, especially childhood experiences, were thought to be critical in the formation of adult personality and behavior. Freud believed that unconscious impulses were revealed in everyday life in dreams, memory blocks, slips of the tongue, and spontaneous humor. On the other hand, behaviorism rejected the emphasis on consciousness promoted by structuralism and functionalism as well as Freud's ideas about unconscious influences on behavior since they are difficult to test. For the behaviorist, consciousness and unconscious variables are not usable concepts. Instead, behaviorism believed that psychology should focus its scientific investigations strictly on overt, observable behaviors that could be objectively measured and verified.

8. The answer should include the following information: Behaviorism grew out of the pioneering work of Russian physiologist, Ivan Pavlov. Pavlov showed that dogs could learn to associate a neutral stimulus such as the sound of a bell with an automatic behavior, such as reflexively salivating to food. Once an association between the sound of the bell and the food was formed, the sound of the bell alone would trigger the salivation reflex in the dog. Pavlov believed he had discovered the mechanism by which all behaviors were learned. John B. Watson shared Pavlov's enthusiasm and championed behaviorism as a new school of thought for psychology. He believed that how behavior is acquired and modified in response to environmental influences is essential to the understanding of psychology. B. F. Skinner extended the ideas of Watson, believing that psychology should restrict itself to studying overt, observable behaviors that could be measured and verified. Skinner systematically used reinforcement or punishment to shape the behavior of rats and pigeons.
9. The answer should include the following information: Humanistic psychology was primarily advocated by the American psychologists Carl Rogers and Abraham Maslow. Rogers, like Freud, was influenced by his experiences with patients. Rogers emphasized the conscious experiences of his patients (rather than the unconscious) and focused on each person's unique potential for psychological growth and self-direction. Rogers believed that human behavior was shaped and maintained by external causes. The humanistic approach emphasized self-determination, free will, and choice in human behavior. Maslow developed a theory of motivation that emphasized psychological growth. Like psychoanalysis, humanistic psychology included not only influential theories of personality but also a form of psychotherapy.
10. The answer should include the following information: The biological perspective emphasizes the examination of the physical bases of human and animal behavior, including the nervous, endocrine, and immune systems, and genetics. Neuroscience involves the study of the nervous system, particularly the brain. Equally important for this perspective has been the advances in imaging technology (e.g., fMRI, PET) that have allowed the study of the activity of the intact, living brain. The psychodynamic perspective, Freud's landmark theory of psychoanalysis, continues to be relevant today. The emphasis in this perspective is on unconscious influences, early life experiences, and interpersonal relationships in explaining the underlying dynamics of behavior or in treating people with psychological problems. The behavioral perspective, championed by Watson and Skinner, involves a focus on observable behaviors and the fundamental

laws of learning. Psychologists interested in this perspective continue to study how behavior is acquired or modified by environmental causes. The humanistic perspective was influenced by the work of Carl Rogers and Abraham Maslow. This approach focuses on the motivation of people to grow psychologically, the influence of interpersonal relationships on a person's self-concept, and the importance of choice and self-direction in striving to reach one's potential. Positive psychology perspective focuses on the study of positive emotions and psychological states, positive individual traits, and the social institutions that foster those qualities in individuals and communities. The cognitive perspective involves examining the role of mental processes in how people process and remember information, develop language, solve problems, and think. The cross-cultural perspective involves studying how cultural factors influence behavior. Today, psychologists are keenly attuned to the influence of cultural factors on behavior. Although many psychological processes are shared by all humans, it's important to keep in mind that there are cultural variations in behavior. The evolutionary perspective involves the application of the principles of evolution to explain psychological processes and phenomena. Psychologists who take the evolutionary perspective assume that psychological processes are also subject to the principle of natural selection.

11. The answer should include the following information: The behavioral perspective focuses on observable behaviors and the fundamental laws of learning. The primary interest is in how behavior is acquired or modified by environmental causes. On the other hand, the cognitive perspective is interested in how mental processes influence behavior. These mental processes include memory, perception, intelligence, language, judgment, and thinking.
12. The answer should include the following information: The humanistic perspective was influenced by Carl Rogers and Maslow's development of a theoretical framework for motivation. This approach focuses on the motivation of people to grow psychologically, the influence of interpersonal relationships on a person's self-concept, and the importance of choice and self-direction in striving to reach one's potential.
13. The answer should include the following information: Individualistic societies emphasize the needs and goals of an individual over the needs and goals of the group. In these cultures, the self is seen as independent, autonomous, and distinctive. Personal identity is defined by individual achievements, abilities, and accomplishments. However, collectivistic cultures emphasize the needs and goals of the group over those of the individual. Social behavior is more heavily influenced by cultural norms and social context than by individual preferences and attitudes. Further, the self is seen as being much more interdependent with the group. That said, the majority of cultures are neither completely individualistic nor completely collectivistic, falling somewhere between these two extremes.
14. The answer should include the following information: The evolutionary perspective within psychology refers to the application of the principles of evolution to explain psychological processes. The theory of evolution proposes that the individual members of a species compete for survival. Because of inherited differences, some members of a species are better adapted to their environment than are others. Organisms that inherit characteristics that increase their chances of survival in their particular habitat are more likely to survive, reproduce, and pass on their characteristics to their offspring. But



individuals that inherit less useful characteristics are less likely to survive, reproduce, and pass on their characteristics. This process reflects the principle of natural selection: The most adaptive characteristics are "selected" and perpetuated in the next generation. In the context of psychology, psychologists assume that psychological processes are similarly subject to the principle of natural selection. Those psychological processes that help individuals adapt to their environments also help them survive, reproduce, and pass those abilities on to their offspring.

15. The answer should include the following information: Many people think that psychologists and psychiatrists are the same profession and undergo the same training. However, this assumption is not correct. Psychologists who specialize in clinical psychology are trained in the diagnosis, treatment, causes, and prevention of psychological disorders, leading to a doctorate in clinical psychology—a Ph.D. On the other hand, psychiatry is a medical degree either an M.D. or D.O., followed by several years of specialized training in the treatment of mental disorders. Psychiatrists can hospitalize people, order biomedical therapies, and prescribe medications for individuals. Generally speaking, clinical psychologists cannot order medical treatments or prescribe medications. However, in a few states, laws have been passed that allow clinical psychologists to prescribe medications following specialized training.
16. The answer should include the following information: Regardless of their approach or specialty, psychologists who do research are scientists. And like scientists, they rely on the scientific method to guide their research. Psychologists are guided by the basic scientific assumption that events are lawful and explainable. Psychologists are also open-minded and willing to consider new or alternative explanations of behavior and mental processes. However, their open-minded attitude is tempered by a healthy sense of scientific skepticism, using which they critically evaluate the evidence for new findings, especially when they seem contrary to established knowledge.
17. The answer should include the following information: Psychologists follow four basic steps as part of the scientific method. These steps are as follows:
  - Formulate a specific research question that can be tested.
  - Design a study to collect relevant data
  - Analyze the data and arrive at conclusions.
  - Report the results.
18. The answer should include the following information: Psychologists report and share their findings with others in the scientific discipline in order to advance the general body of knowledge within a particular area. They provide a detailed description of the study itself, who participated in it, how variables were operationally defined, how data were analyzed, and so forth. Describing the exact details of the study allows other investigators to repeat the study. This replication is an important step in the scientific process. If an experiment can be replicated and the same basic results are obtained again, it increases confidence in the results.
19. The answer should include the following information: As research findings accumulate from individual studies, theories will be developed. A theory, sometimes also called a model, is a tentative explanation that tries to account for diverse findings in a particular area. A theory attempts to integrate and summarize many research findings in a particular area. On the other hand, a hypothesis is a specific question that an experiment is designed to test. A good theory will generate new predictions and hypotheses that can

- be tested by further research.
20. The answer should include the following information: First, they will use testimonials rather than scientific evidence. Second, they will use scientific jargon that lacks any real substance. Third, pseudoscientists will combine established scientific knowledge with unfounded claims to promote their agenda. Fourth, they will make irrefutable or nonfalsifiable claims. Fifth, scientific conclusions are based on converging evidence from multiple studies, not a single study. Pseudoscientists ignore this process and will instead focus on the findings of a single study that supports their claims. They will exclude other studies that contradict, or that are not consistent with, their agenda. Sixth, when challenged, pseudoscientists will shift the burden of proof to the skeptic, challenging the skeptic to disprove their claim. Finally, when pseudoscience fails to deliver, these individuals offer multiple excuses to explain why their approach or product did not work.
  21. The answer should include the following information: Naturalistic observation involves the systematic observation and recording of behaviors as they occur in natural settings. The basic goal of naturalistic observation is to detect the behavior patterns that exist naturally—patterns that might not be apparent in a laboratory or if the subjects knew they were being watched. An advantage to this approach is that researchers can study human behaviors that cannot ethically be manipulated in an experiment, such as bullying behavior in children. As a research tool, naturalistic observation can be used wherever patterns of behavior can be openly observed—from the rain forests of the Amazon to restaurants, city streets, and classrooms. Because the observations occur in the natural setting, the results of naturalistic observation studies can be generalized to real-life situations with more confidence than can the results of studies using artificially manipulated or staged situations.
  22. The answer should include the following information: Naturalistic observation involves the systematic observation and recording of behaviors as they occur in natural settings. The basic goal of naturalistic observation is to detect the behavior patterns that exist naturally—patterns that might not be apparent in a laboratory or if the subjects knew they were being watched. On the other hand, a case study is an intensive, in-depth investigation of an individual, a family, or some other social unit. Case studies involve compiling detailed information from numerous sources to construct a complete picture of an individual. This approach may involve interviews with friends and family as well as co-workers. Psychological and biographical records neurological and medical records, and even school or work records may be examined. Case studies are often used by clinical psychologists to develop a complete profile of a psychotherapy client.
  23. The answer should include the following information: Scientists randomly select a sample of participants to be included in a study. Random selection means that every member of the larger group or population may have an equal opportunity to be included in the sample.
  24. The answer should include the following information: A correlational study examines how strongly two variables are related to, or associated with, one another. Correlations can be used to analyze the data gathered by any type of descriptive method, and they are also used to analyze the results of experiments. However, even if two factors are very strongly correlated, a correlation does not indicate a causal relationship between variables. It only tells you that two variables seem to be related or co-vary in some

systematic way. This approach cannot be used to demonstrate a true cause-and-effect relationship—an experiment would be required to achieve that goal.

25. The answer should include the following information (Answers will vary.): A positive correlation is one in which two factors vary in the same direction so that two variables increase or decrease together. For example, the text cites a strong positive correlation between GPA and the use of self-testing as a study strategy. The more students engage in self-testing, the better their GPA. The text gives several additional examples at the end of the chapter related to studying. These techniques may be used to improve GPA.
26. The answer should include the following information (Examples will vary.): A positive correlation is one in which the two factors vary in the same direction such that they increase or decrease together. For example, the text cites a strong positive correlation between GPA and the use of self-testing as a study strategy. The more students engage in self-testing, the better their GPA. In contrast, a negative correlation is one in which two variables move in opposite directions: As one factor decreases, the other increases. The text cites a study that investigated multitasking and GPA. A study found that there was a negative correlation between time spent sending text messages while studying and GPA: As time spent texting while studying increased, GPA decreased.
27. The answer should include the following information: In an experiment, the independent variable is deliberately manipulated by the researcher and the effects of this manipulation are observed on the dependent variable. Thus, changes in the dependent variable depend on variations in the independent variable; any changes that occur in the dependent variable can be attributed to the deliberate manipulation of the independent variable. In summary, the dependent variable is measured, and the independent variable is manipulated.
28. The answer should include the following information: The second group of participants is receiving a placebo, which is sometimes referred to as a sugar pill. In this example, the second group of participants believes they are consuming caffeine when in fact they are simply drinking decaffeinated beverages (the placebo).
29. The answer should include the following information: A natural experiment is not a true experiment. In this approach, researchers carefully observe and measure the impact of a naturally occurring event such as disasters, epidemics, or some other condition. One issue with typical laboratory experiments is that they are criticized for being too arbitrary and may not generalize to the real world. There may be experiments that cannot be conducted because of ethical issues. Researchers are sometimes able to take advantage of naturally occurring events or conditions. In natural experiments, researchers cannot randomly assign large numbers of participants to long-term living situations.
30. The answer should include the following information:
  1. Identify the claim.
  2. Evaluate the evidence.
  3. Consider alternative explanations.
  4. Consider the source of the research or claim.
31. The answer should include the following information: (1) Positron emission tomography (PET) is based on the fact that increased activity in a particular brain region is associated with increased blood flow and energy consumption. A small amount of radioactively tagged glucose, oxygen, or other substance is injected into the person's

blood stream. While performing a mental task, the PET scanner tracks the amounts of radioactive substances used in thousands of different brain regions. A computer analyzes the data, producing color-coded images of the brain's activity. (2) Magnetic resonance imaging (MRI) does not involve invasive procedures such as injections of radioactive substances. Instead, the individual lies inside a magnetic tube as powerful but harmless magnetic fields bombard the brain. A computer analyzes the signals generated by brain-tissue molecules in response to the magnetic fields. The result is a series of digital images, each a detailed "slice" of the brain's structures. (3) Functional MRI (fMRI) combines the ability to produce a detailed image of the brain's structures with the capacity to track the brain's activity or functioning. While the individual lies in the MRI scanner, a powerful computer tracks the electromagnetic signals that are generated by changes in the brain's metabolic activity, such as increased blood flow to a particular brain region. By measuring the ebb and flow of oxygenated blood in the brain, an fMRI produces a series of scans that show detailed moment-by-moment "movies" of the brain's changing activity in specific structures or regions.

32. The answer should include the following information: First, psychologists must inform participants of the purpose of the research as well as factors that might influence a person's willingness to participate in the study. These factors include potential risks, discomfort, or unpleasant emotional experiences. The psychologist must also inform the participants that they are free to decline to participate or to withdraw from the research at any time. This guideline is referred to as informed consent and voluntary participation. Second, deception may be used in experiments when it is not possible to use alternatives that do not involve deception. Alternatively, there may be situations in which deception is necessary for scientific, educational, or applied value. Third, information should remain confidential. Psychologists should not disclose the identity or identifying information about research subjects in their writing, lectures, or other public arenas.
33. The answer should include the following information: First, psychologists may be interested in the study of animal behavior for its own sake. Such research improves the quality of life of animals in zoos and may increase the likelihood of survival of endangered species in the wild. Second, animals may be used to address questions that cannot be done in human subjects. Finally, psychologists can exercise greater control over animals than they can over human subjects. Researchers can control the animals' environment as well as their genetic background.
34. The answer should include the following information: Six successful study tips include:
  1. Focus your attention.
  2. Engage your mind: Be an active reader.
  3. In the classroom, take notes by hand, not on your laptop.
  4. Practice retrieval: The testing effect.
  5. Use flashcards and practice tests correctly.
  6. Space out your study time.

1. Which of the following statements about psychologists is true?
  - A) They focus exclusively on treating psychological disorders and problems.
  - B) They are interested in both normal and abnormal behaviors.
  - C) All psychologists can prescribe medication.
  - D) All psychologists have a doctorate in their field of study.
  
2. Wilhelm Wundt:
  - A) was Sigmund Freud and Erik Erikson's mentor.
  - B) proposed a doctrine called interactive dualism—the idea that mind and body were separate entities.
  - C) was the founder of physiology—a branch of biology that studies the functions and parts of living organisms.
  - D) defined psychology as the study of consciousness and emphasized the use of experimental methods to study and measure it.
  
3. \_\_\_\_\_, an approach developed by Edward B. Titchener, became the first major school of thought in psychology.
  - A) Behaviorism
  - B) Structuralism
  - C) Functionalism
  - D) Psychoanalysis
  
4. Mary Whiton Calkins:
  - A) founded the first psychology laboratory in America at Yale University.
  - B) studied with Sigmund Freud and became the first female psychoanalyst in the United States.
  - C) is best known for her pioneering research on comparative psychology and her book *The Animal Mind*.
  - D) conducted research on personality, dreams, and memory, and became the first woman president of the American Psychological Association.
  
5. Sigmund Freud's school of thought, called \_\_\_\_\_, emphasized the role of unconscious conflicts in determining behavior and personality.
  - A) structuralism
  - B) functionalism
  - C) psychoanalysis
  - D) behaviorism

6. Who among the following individuals was NOT a key scientist in the development of behaviorism?
- A) Sigmund Freud
  - B) Ivan Pavlov
  - C) John B. Watson
  - D) B. F. Skinner
7. While Freud emphasized \_\_\_\_\_, Rogers emphasized \_\_\_\_\_.
- A) unconscious conflicts; conscious experiences
  - B) unconscious conflicts; overt, measurable behavior
  - C) development; sexuality
  - D) favorable mental health; mental illness
8. A collectivistic culture is one in which:
- A) individual achievements are highly valued.
  - B) a person's social behavior is influenced more by individual preference than cultural values and norms.
  - C) a person's individual preferences and goals are considered to be more important than the requirements and goals of his or her social group.
  - D) great importance is placed on following established tradition and customs.
9. Psychologists who take the evolutionary perspective assume that psychological processes are:
- A) subject to the principles of natural selection.
  - B) unconscious.
  - C) overt and observable.
  - D) dynamic and ever changing.
10. Which of the following individuals can prescribe medications?
- A) Noah, who is a counseling psychologist
  - B) Sara, who has a doctorate in school psychology
  - C) Roman, who is a psychiatrist
  - D) Lin, who is an educational psychologist
11. The second step of the scientific method is to:
- A) analyze the data to arrive at conclusions.
  - B) formulate a specific question that can be tested.
  - C) report the results.
  - D) design a study and collect relevant data.

12. Evidence that is the result of observation, measurement, and experimentation is referred to as \_\_\_\_\_ evidence.
- A) empirical
  - B) pseudoscientific
  - C) operational
  - D) dependent
13. Professor Wallace studied over 3,000 elderly individuals for a decade and found a statistically significant relationship between survival rate and number of close friends. Specifically, he found that elderly individuals with few close friends had a much higher death rate. To say that the results of his study are "statistically significant" means that:
- A) the finding has great practical value and significance.
  - B) there is a cause-and-effect relationship between the two variables.
  - C) the finding does not have to be replicated to be accepted by the scientific community.
  - D) the results are unlikely to have occurred by chance.
14. According to your text, magnet therapy is a form of:
- A) experimental research.
  - B) pseudoscience.
  - C) correlational research.
  - D) clinical psychotherapy.
15. Dr. Ginsburg wants to study possible gender differences in the willingness of young children to engage in risky behaviors. To gather data, Ginsburg and a co-researcher carefully observe the willingness of boys and girls to try risky behaviors at a local zoo, such as petting a burro or feeding different animals. Dr. Ginsburg is using \_\_\_\_\_ to gather data.
- A) naturalistic observation
  - B) a survey
  - C) the case study method
  - D) a representative sample

16. In an online survey, people were asked if they would cheat on their partner if there was no chance of getting caught. Approximately 23,000 Internet users responded to the survey. Almost half of those responding said they would not, while the other half said they probably would. What is a significant limitation with surveys like this one?
- A) Not enough people responded to the survey, which means the results are not valid.
  - B) The survey involved respondents who volunteered to participate, so the sample was not representative of the population.
  - C) There was no experimental control group.
  - D) The survey did not follow a double-blind procedure, which means that expectancy effects probably slanted the results.
17. Professor Karney administered a psychological test measuring shyness to a large number of undergraduate students. The students also completed a lengthy questionnaire on their social life and activities, including number of friends. Professor Karney conducted a statistical analysis of the responses and found a correlation coefficient of  $-.80$  between level of shyness and number of friends. This indicates that:
- A) as number of friends increases, level of shyness increases.
  - B) as number of friends decreases, level of shyness increases.
  - C) there is no relationship between level of shyness and number of friends.
  - D) a cause-and-effect relationship exists between shyness and number of friends.
18. A correlational study is useful because it can:
- A) provide compelling evidence of cause-and-effect relationships.
  - B) examine how strongly two variables are related to one another.
  - C) provide a detailed description of a single individual.
  - D) promote the acceptance of pseudosciences.
19. A cognitive psychologist decides to study the effects of chess practice on math abilities in middle school students. All students are tested on a standard math test at the beginning of the study. Students are then randomly assigned to a chess group and a control group. Students in the chess group spend thirty minutes every school day learning chess strategy and playing chess. Students in the no-chess control group spend thirty minutes every school day watching educational television. At the end of three months, students take another standardized math test. The improvement or decline in their test score is computed and compared across the two groups. In this experiment, what is the DEPENDENT variable?
- A) the change in math test scores
  - B) playing chess or watching educational television
  - C) improvement in chess-playing ability
  - D) the number of chess matches won



20. Ginkgo Biloba is a herb that is thought to increase blood flow in the brain and enhance memory processes. In a carefully controlled study investigating this claim, young adults were assigned to one of three groups. Those in group 1 took a capsule containing 120 milligrams of ginkgo biloba once a day. Those in group 2 took a capsule that looked identical but was a fake. Those in group 3 did not take any capsules. The participants assigned to group 2 constituted the \_\_\_\_\_ in this study.
- A) dependent variable
  - B) placebo group
  - C) extraneous group
  - D) out-of-control group
21. When thinking like a scientist, it is important to:
- A) engage in critical thinking.
  - B) utilize a costs-benefits analysis.
  - C) identify unconscious motivations.
  - D) avoid speculating about the truth.
22. Which of the following is NOT one of the brain-imaging techniques discussed in the Focus on Neuroscience section in the text?
- A) magnetic resonance imaging (MRI)
  - B) functional magnetic resonance imaging (fMRI)
  - C) transcranial magnetic stimulation (TMS)
  - D) positron emission tomography (PET)
23. All of the following are advantages of fMRI over PET imaging EXCEPT fMRI:
- A) is a noninvasive procedure and the magnetic waves are harmless allowing research participants to undergo repeated fMRI scans.
  - B) produces a sharper image than PET scans and therefore can detail much smaller brain structures.
  - C) is that it provides a picture of brain activity averaged over seconds rather than the several minutes required by PET scans.
  - D) involves the use smaller amounts of radioactively tagged glucose or oxygen than does PET.
24. Which of the following is not a key provision in the most recent APA ethical principles regulating research with human participants?
- A) informed consent
  - B) use of deception
  - C) debriefing
  - D) paying participants for their time

25. Dr. Dalpiez conducts research with mice, pigs, and chimpanzees. Dr. Dalpiez's specialization is in \_\_\_\_\_ psychology.
- A) clinical
  - B) experimental
  - C) comparative
  - D) educational
26. According to Psych For Your Life: Successful Study Techniques, which of the following studying strategies should you AVOID?
- A) Using flashcards.
  - B) Taking notes on your laptop.
  - C) Studying while multitasking.
  - D) Taking notes by hand.

## Answer Key

1. B
2. D
3. B
4. D
5. C
6. A
7. A
8. D
9. A
10. C
11. D
12. A
13. D
14. B
15. A
16. B
17. B
18. B
19. A
20. B
21. A
22. C
23. D
24. D
25. C
26. B

1. Wilhelm Wundt focused on:
  - A) the nature versus nurture issue and interactive dualism.
  - B) how brain damage contributes to mental illness.
  - C) fundamental psychological processes, such as mental reaction times in response to visual and auditory stimuli.
  - D) the effects of mental illness on families.
  
2. \_\_\_\_\_ became the first major school of thought in psychology and relied on a method called introspection.
  - A) Functionalism
  - B) Psychoanalysis
  - C) Behaviorism
  - D) Structuralism
  
3. The first African American to earn a Ph.D. in psychology was:
  - A) Mary Whiton Calkins.
  - B) Francis C. Sumner.
  - C) Edward B. Titchener.
  - D) G. Stanley Hall.
  
4. Dr. Rodella is very interested in your dream interpretation, blocked memories, and slips of the tongue. Which approach to psychology best fits Dr. Rodella's interests?
  - A) the evolutionary perspective
  - B) psychoanalysis
  - C) behaviorism
  - D) humanism
  
5. \_\_\_\_\_ dominated American psychology for the first half of the twentieth century.
  - A) Behaviorism
  - B) Psychoanalysis
  - C) Humanism
  - D) Structuralism
  
6. As one of the advocates of \_\_\_\_\_, \_\_\_\_\_ developed a theory of motivation that emphasized psychological growth.
  - A) functionalism; G. Stanley Hall
  - B) psychoanalysis; Sigmund Freud
  - C) humanistic psychology; Abraham Maslow
  - D) structuralism; Edward B. Titchener

7. Which of the following titles would MOST likely be found in a research journal for neuroscience?
- A) "Increased levels of the hormone testosterone cause increased aggressive behavior in laboratory rats."
  - B) "Compliments increase frequency of helping behavior."
  - C) "Decreases in intellectual functioning can be reversed through increased mental activities in aging adults."
  - D) "Spacing rehearsals during learning improves long-term memory for nonsense syllables."
8. The \_\_\_\_\_ perspective contended that psychology should focus its scientific investigations strictly on observable conducts that could be objectively measured and verified.
- A) psychodynamic
  - B) humanistic
  - C) behavioral
  - D) biological
9. The term \_\_\_\_\_ refers to the tendency to use your own culture as the standard for judging other cultures.
- A) ethnocentrism
  - B) expectancy effect
  - C) empiricism
  - D) collectivism
10. Who wrote *On the Origin of Species*?
- A) Sigmund Freud
  - B) John B. Watson
  - C) B. F. Skinner
  - D) Charles Darwin
11. Which of the following specialty areas is the MOST popular choice for psychologists who have recently received their doctorates?
- A) counseling psychology
  - B) educational psychology
  - C) forensic psychology
  - D) clinical psychology

12. Dr. Norris strives to identify and understand consistent patterns of behavior. She is willing to consider new or alternative explanations of behavior and mental processes. Dr. Norris is demonstrating:
- A) open-mindedness.
  - B) skepticism.
  - C) lawful understanding.
  - D) cautious interpretation.
13. A hypothesis is a(n):
- A) clearly defined independent variable.
  - B) theory that is supported by research evidence.
  - C) tentative statement that describes the relationship between two or more variables.
  - D) operational definition assigned to the independent variable.
14. While watching television late one evening, Marla tuned into an infomercial that claimed you could lose at least 5 pounds of fat each week by simply taking a natural herbal supplement. Suspicious, Marla conducted some research on the supplement and found that the sponsors of the infomercial were accused of presenting an irrefutable or nonfalsifiable claim. This means that the weight loss claim:
- A) is supported by empirical evidence.
  - B) cannot be disproved or tested in any meaningful way.
  - C) is true, but only for certain people, such as those who are already physically fit.
  - D) has been tested in the laboratory.
15. According to the Science Versus Pseudoscience box, which of the following items is NOT one of the strategies used by proponents of pseudoscience to give credibility to their claims?
- A) shifting the burden of proof
  - B) use of irrefutable or nonfalsifiable claims
  - C) combining unfounded claims with established scientific findings
  - D) use of the scientific method and replication of their findings by other scientists
16. Professor Newberg decided to study preferences of living senior adults, so he visited a local retirement village and invited residents to participate in a lengthy survey. Professor Newberg's survey results are probably invalid because he did not use:
- A) a valid hypothesis.
  - B) an operational definition.
  - C) independent and dependent variables.
  - D) random selection of participants.

17. Of the following correlation coefficients, which represents the WEAKEST relationship between two factors or variables?
- A)  $-.67$
  - B)  $+.53$
  - C)  $+.32$
  - D)  $-.12$
18. Correlational research:
- A) can indicate causality in either a positive or a negative direction.
  - B) provides the most compelling evidence of a cause-and-effect relationship between two variables.
  - C) can reveal the degree to which two factors are related or co-vary in a systematic way.
  - D) has been banned by the American Psychological Association since the 1960s, but it is still allowed in other countries.
19. Researchers at the United Family Therapy Center are conducting a study to determine how quickly symptoms of anxiety are reduced by different forms of psychotherapy. What is the dependent variable in this study?
- A) the change in the symptoms of anxiety
  - B) the method used to recruit participants for the study
  - C) the type of psychotherapy used to treat anxiety
  - D) the number of participants receiving each type of psychotherapy
20. In a study described in Chapter 1, psychologist Paul Solomon and his colleagues investigated the effects of the herb Ginkgo Biloba on memory, concentration, and other mental tasks. All participants in the study took a battery of tests at the beginning and end of the six-week study. The results showed that:
- A) test scores increased by about the same amount for the participants in the experimental group and for the participants in the placebo control group.
  - B) test scores actually decreased for the participants in the experimental group and increased slightly for the participants in the no-treatment control group.
  - C) test scores were virtually identical both times the participants were tested.
  - D) although test scores stayed about the same, participants in the study subjectively rated their memory and concentration as being significantly improved.

21. Which of the following terms refers to a procedure that assures that all participants have an equal chance of being assigned to any of the experimental conditions?
- A) the double-blind technique
  - B) random assignment
  - C) the single-blind technique
  - D) random selection
22. To verify the validity of a scientific claim, one must follow the follow four steps:
- A) formulate a hypothesis, design a study to collect data, analyze the data, and report the results.
  - B) identify an operational definition, analyze the variables, evaluate the statistical significance, and ensure replication.
  - C) identify the independent variable, measure the dependent variable, consider confounding variables, and determine cause-and-effect relationships.
  - D) identify the claim, evaluate the evidence, consider alternative explanations, and consider the source of the research or claim.
23. \_\_\_\_\_ scans provide color-coded images of the brain's activity.
- A) MRI
  - B) fMRI
  - C) PET
  - D) EEG
24. Psychologists are expected to abide by ethical principles regulating research with human participants; these principles include all of the following EXCEPT:
- A) informed consent.
  - B) deception.
  - C) confidentiality.
  - D) compulsory participation.
25. According to the Psych For Your Life: Successful Study Techniques box in your textbook:
- A) multi-tasking while studying greatly enhances retention of content.
  - B) taking notes on your laptop enhances retention of content, whereas taking notes by hand reduces retention.
  - C) practice tests must be multiple choice or short answer in order to enhance retention of material.
  - D) distributed practice has a greater impact on retention and recall than massed practice.



## Answer Key

1. C
2. D
3. B
4. B
5. A
6. C
7. A
8. C
9. A
10. D
11. D
12. A
13. C
14. B
15. D
16. D
17. D
18. C
19. A
20. A
21. B
22. D
23. C
24. D
25. D