Exam 3

1. Rather than ask which is more important, heredity or environment, what is a better question?
*A. What percentage of the observed behavior depends on heredity?
B. What percentage of the observed behavior depends on environment?
C. What happens when people have no heredity or no environment?
D. Do differences among people depend more on differences in heredity or environment?
Correct %: 0
Comments: This was obviously a horrible question. Nobody even guessed the answer that was selected as correct. On second look, it makes sense. The only answer that could have potentially been correct is answer D. When looking at the heritability debate, researchers are now interested in the balance of genes/environment, not whether or not it's one or the other.

2. The X chromosome has the colorblindness gene. Why is colorblindness more common in men?
*A. Men have only one X chromosome.
B. Men have two X chromosomes.
C. Women have no X chromosomes.
D. Men's X chromosome is larger than women's X chromosome.
Correct %: 88
Comments: This question required knowledge about two topics to understand the correct response. First, there had to be a comprehension that males have in their 23rd chromosome pair an XY combination—while females have an XX combination. Second, there had to be a realization that if something is linked to a chromosome, that would mean that genetic information within that chromosome will cause something to emerge, but only if there wasn't something to counter it in a similar chromosome. Since males only have 1 X chromosome, if the gene is found on that chromosome, there's no chance to counter that gene with a similar chromosome (like it can be done for females).

3. In the heritability equation, E_{NS} refers to the impact that _____ has on a characteristic.
A. neural stimulus
B. neural status
*C. non-shared environment
D. ecological neutral situation
Correct %: 94
Comments: When determining heritability, researchers have attempted to link different characteristics to a) shared environments, b) genetics, and c) non-shared environments. E_{NS} is the symbol used to represent the proportion of a characteristic that can be tied to the non-shared environment. Coincidentally, a lot of research has shown that this is a VERY important factor in many different characteristics.

4. Dizygotic twins have roughly _____ of their genes in common.
A. 25%
*B. 50%
C. 75%
D. 100%
Correct %: 80
Comments: Dizygotic twins are siblings born at/near the same moment. Unlike monozygotic twins, they are not from the same original zygote. Instead, they are siblings that grew up at the same time through two separately fertilized eggs. Because of this detail, they technically share the same amount of genetic

overlap as traditional siblings. This would indicate that they have roughly 50% of their genes overlapping with each other—even though their shared environment factors are much higher than traditional siblings.

5. Which would be an example of someone's phenotype?
A. The genetic make-up that indicates a person's eye color.
*B. The actual color of someone's eye.
C. The lenses that a person wears to make their eyes a different color.
D. The result of injecting a dye into someone's iris in order to make it a different color.
Correct %: 90
Comments: Phenotype refers to the outward manifestation of someone's genetic endowments. Eye color is a great example of how we can differentiate between phenotype and genotype. Namely, you can have two individuals with the exact same eye color (phenotype), but their genetic codes associated with eye color can be different (genotype). This mismatch highlights the importance of dominant and recessive genes when determining characteristics.

6. Research on birth order and families has shown that
A. intelligence scores increase in latter born children of larger families.
B. the size of a family has no impact on intelligence scores of the offspring.
*C. IQ scores drop in individuals on average as the family size and birth order increase.
D. only children struggle on IQ tests, but other than that, small families score higher than larger families.
Correct %: 86
Comments: Several studies have looked at the topic of intelligence and birth order/family size. We have consistently found that on average—ON AVERAGE—the IQ of siblings tend to drop as they move down the birth order. Moreover, IQ levels of larger families tend to be lower than those of smaller families. There have been a litany of theories and studies attempting to explain why this is the case, but the statistical findings on the topic are considered very concrete at this time.

7. Research on birth order and the Big 5 suggest that _____ are higher in later born children—though the evidence is not especially strong.
A. extraversion and agreeableness
*B. agreeableness and openness to experience
C. agreeableness and conscientiousness
D. conscientiousness and openness to experience
Correct %: 49
Comments: This was apparently a difficult question. It is indeed true that agreeableness and openness to experience levels do go up in individuals as they work their way down the birth order in their families. It is difficult to conclusively say why this is the case, and the statistics are nowhere near absolute, but some have suggested that this effect can be tied to the way the family interacts with each child as they emerge into the world.

8. The concept of evocation in the context of developmental psychology suggests that
*A. we have an impact on the way that our environment responds to us.
B. our environment plays a large role in many of our personality traits.
C. our family plays an especially prominent role in our development.
D. our early exposures are the most important aspects when determining where our traits come from.
Correct %: 49

Comments: Evocation is a challenging wrench that has been thrown into the heritability formula. By definition, evocation is the impact that we have on the way our environment treats us, simply by being there—or looking a specific way. Many theorists have argued that evocation plays a large role in some of the early developments of personality and gender related differences that we see in children at very young ages.

9. Research on gender identification suggests that children can start classifying by gender at age _____.
*A. 2
B. 3
C. 4
D. 5
Correct %: 78
Comments: Relating to the question above, we do see that children are sensitive/receptive to the topic of gender at very young ages. Most research has shown that despite most children still struggling to comprehend the permanence of gender at age 2, they have already been able to distinguish gender differences and what types of actions/thoughts are more "appropriate" for a specific gender.

10. Research on the heritability of homosexuality that focuses on twins has found roughly a _____ concordance rate for MZ siblings of homosexual men and women.
A. 25%
*B. 50%
C. 75%
D. 100%
Correct %: 47
Comments: Though many people in the heated heritability of homosexuality debate would like to see differently—regardless of which side they are on—research has consistently shown about a 50% overlap in homosexual identification of identical twins when one twin identifies himself/herself as homosexual. This would seem to strongly indicate that sexual orientation is probably linked to a combination of the environment and genetics, not just one or the other.

11. To estimate heritability of some behavior, what kinds of people do researchers usually study?
A. people from different cultures
*B. twins and adopted children
C. uneducated adults
D. surgical patients
Correct %: 98
Comments: Heritability research often involves the comparison of different types of siblings. Though researchers can compare more than just adopted siblings and twins, these are two commonly studied groups when attempting to determine if a characteristic is more tied to genetics, non-shared environments, or shared-environments.

12. When researchers wanted to present the same stimulus (a word) so that it would be conscious on some trials and unconscious on others, what is one method they used?
A. They sometimes hypnotized people and told them not to see the word.
B. They made the word larger and brighter on some trials than on others.
*C. They flashed the word briefly and sometimes followed it with a masking pattern.
D. They sometimes presented it to normal people and sometimes to people in a coma.
Correct %: 78

Comments: Historically, the concept of the unconscious has been linked the topics of hypnotism and the hidden mind. Today's researchers of the unconscious focus on what's hidden just below our conscious level of detection. The only answer up here that relates to this new concept of the unconscious is the answer C.

13. In human development, what determines whether the external genitals appear male or female?
A. the amount of estradiol and other estrogens
*B. the amount of testosterone and other androgens
C. the ratio of testosterone to estradiol
D. the chromosomes alone
Correct %: 57
Comments: Our chromosomes are critical players in the determination of our biological sex. However, our hormones are technically the final players that determine the genitals that we develop. This has been established through cases of individuals who have chromosomes that don't match the genitals that they possess—something typically caused because of something that disrupted the usual hormone production/sensitivity of the body.

14. Someone who regards himself as a man and who prefers male sexual partners has a _____ gender identity.
A. mixed
B. generalized
*C. male
D. female
Correct %: 78
Comments: Gender identity deals solely with the gender that someone identifies themselves as. Though it commonly overlaps with the following, it is independent of chromosomes, external genitals, and sexual orientation. Since the person in the example identifies himself as a man, he has a male gender identity.

15. Yesterday Professor Eaton asked children aged 6 through 12 to list their favorite foods, and then compared the results for different ages. This is an example of which kind of study?
A. double-blind
B. single-blind
C. longitudinal
*D. cross-sectional
Correct %: 87
Comments: This question appears to have nothing to do with the differentiation between a single- and double-blind study. Therefore, we're left with determining whether or not this is a longitudinal or a cross-sectional study. Since the researcher is interested in comparing ages, but collects information from different age groups all at the same time—and only once—we are looking at what is called a cross-sectional design.

16. A researcher demonstrates that most children display a temperament at age 7 that is similar to their temperament at age 2. The study that led to this must have followed which kind of design?
A. cross-sectional study
*B. longitudinal study
C. representative sampling
D. random sampling

Correct %: 85
Comments: Since the researcher is suggesting that (s)he followed his/her participants for a long period of time in order to compare performance at different ages, this researcher appears to have run a longitudinal study. Examples like these show the true value of these types of studies. In them, you can study changes within individuals as they age. You can also control for cohort effects. Unfortunately, those benefits often come at the cost of time and money.

17. After several repetitions of a sound, it produces less arousal. A slightly changed sound may produce more arousal. What do we call the original decrease and the later increase?
*A. habituation...dishabituation
B. sensitization...desensitization
C. conditioning...extinction
D. assimilation...accommodation
Correct %: 79
Comments: This topic of habituation/dishabituation has been utilized in several areas of psychology. Most often, it has been used as a means of determining perception and cognitive abilities in individuals that cannot easily articulate what it is that they are processing—usually very young infants. Habituation is the process of lowering our arousal to a familiar stimulus. Think of how you stop hearing background noise at a coffee shop after being there for a while. Dishabituation is the process of increasing arousal when an unfamiliar stimulus is presented. Think of what happens when you suddenly hear a loud sound—or your name—at a coffee shop after being there for a while.

18. According to Piaget, a child's intellectual growth occurs through
A. conservation and object permanence.
B. classical conditioning and operant conditioning.
C. habituation and dishabituation.
*D. assimilation, accommodation, and equilibration.
Correct %: 71
Comments: Piaget proposed that children grow cognitively through forming schemas and testing them out in the world around them. To explain this process, he utilized several terms. Once a child has formed a schema, this child will then go out into the environment and test if it works. If the world does not match up with the schema that was formed, the child will experience something called disequilibrium. To fix this state of mind—to equilibrate—the child will either change the schema to match what was experienced (accommodation), or they will justify the mismatch through some alternative means while keeping the schema in its current form (assimilation).

19. Which of Piaget's stages of cognitive development do people reach last (at age 11 or later)?
*A. formal operations
B. sensorimotor
C. concrete operations
D. preoperational
Correct %: 87
Comments: The order of cognitive staged described by Piaget (at least in his early years of research on children) were as follows: sensorimotor, pre-operational, concrete operational, and formal operational. The formal operational stage starts are roughly the age of 11 and lasts for 4 to 5 years. In Piaget's theory, once children mast this stage, they begin to think about the world in the same way as adults do.

20. Object permanence refers to the idea that

*A. objects continue to exist even when we don't see them.
B. objects we see continue to exist even when we aren't talking about them.
C. objects permanently exist in one location.
D. the substance of an object remains constant even when its form changes.
Correct %: 94
Comments: One of the earliest cognitive struggles that Piaget suggested we went through was with the topic of object permanence. Object permanence involves understand the notion that objects continue to exist and retain their spatial properties, even when we don't see them. To test this, researchers have covered objects with blankets, placed barriers around desirable objects, and even presented children with impossible situations that obeyed this law of object permanence. These studies have shown us that children might indeed need to learn object permanence, but they probably have a grasp of it much earlier than Piaget had originally envisioned.

21. An experimenter places a colored spot on a child's nose, lets the child look in the mirror, and observes whether the child touches his/her own nose. What concept is being tested?
A. conservation
B. object permanence
*C. sense of self
D. theory of mind
Correct %: 81
Comments: This is what is considered the classic "sense of self" test. In doing this, researchers can determine if a child can recognize themselves in a mirror. Moreover, researchers can use reactions to this scenario to determine if a child sees himself/herself as a part of the world instead of just being some special entity who the entire world is interacting with.

22. To determine whether or not a child has reached the stage of formal operations, a psychologist might test whether the child can
A. understand that objects maintain certain properties despite changes in their shape.
B. speak in complete sentences.
C. understand that an object continues to exist even when it is out of sight.
*D. answer hypothetical and abstract questions.
Correct %: 83
Comments: The formal operational stage of cognitive development described by Piaget is marked by the ability to think much more abstractly. Cognitive flexibility is critical to get through this stage. The topic above that is linked to this question is answer D. The other answers should have been mastered long before the formal operations stage.

23. In contrast to the views based on Piaget's work, the Russian psychologist Lev Vygotsky argued that educators should consider a child's
A. degree of conservation.
B. stage of cognitive development.
*C. zone of proximal development.
D. position of birth order within the family structure.
Correct %: 87
Comments: Piaget strongly believed that children progressed in their cognitive thinking through advancement along set stages of development. Vygotsky believed that cognitive development occurred through a gradual mastery of a wide variety of different cognitive concepts—with the mastery occurring as a result of the individual and the environment of the individual. To describe the moment when a

child could start to master a cognitive concept, Vygotsky used the term "zone of proximal development". It was thought that when a child reached this zone, through special instruction called scaffolding, a child could master a cognitive concept at a relatively fast pace.

24. Erik Erikson's eight stages of human development dealt with which aspect of behavior?
A. language skills
B. reactions to the prospect of dying
*C. social and emotional conflicts
D. understanding the concept of right and wrong
Correct %: 73
Comments: There were several different developmental theorists that emerged in the early years of developmental psychology. Each theorist tended to choose their own topic of interest and explore how humans might develop in that topic as they age from an infant to an adult. Erikson's research focused on the topic of identity. In particular, he examined how the social and emotional conflicts we experienced at certain ages shaped the way that we perceived ourselves and the world around us.

25. Which of these did Mary Ainsworth's Strange Situation evaluate?
A. the ability of educators to help a child understand new concepts
B. which rewards are most effective for a given child
C. a child's ability to follow directions
*D. attachment between a child and mother or other adult
Correct %: 77
Comments: Mary Ainsworth was a student of John Bowlby's. Bowlby explored the concept of attachment, suggesting that research like Harry Harlow's missed the individual differences that could potentially exist with respect to attachment preferences. Ainsworth's work essentially found a way to test Bowlby's ideas—though she eventually became much more well-known than Bowlby because of her "strange situation" studies and the research/theories that followed. In essence, this "strange situation" experiment that she designed attempted to show a) individual differences in attachment types, and b) reasons for these individual differences.

26. People note the moment when they decide to flex their wrist, and they report it later. Researchers record the time of the movement, the time of the reported decision, and the time when activity began to increase in the premotor cortex of the person's brain. Which comes FIRST?
A. the time of the reported conscious decision
*B. the increase in brain activity
C. the movement
D. all three start at the same time
Correct %: 85
Comments: Though the timing of this is very fast—we're talking milliseconds—your brain does seem to be the first player in our conscious motor actions. In particular, there is an area in your frontal lobe that seems to activate and by doing so, initiate neural activity that eventually results in several other areas of the brain being activated, following up with nerves and muscles eventually being activated throughout the body.

27. When brain-damaged patients show spatial neglect, is the problem mainly a loss of sensation or a deficit in attention? And what evidence supports this conclusion?
*A. The problem is in attention. Evidence: They ignore the left side when describing things from memory.

B. The problem is in attention. Evidence: When trying to perform a task, they are easily distracted.
C. The problem is in sensation. Evidence: Even when someone calls special attention to the left side, they still do not detect it.
D. The problem is in sensation. Evidence: Axons from the left side of the body send slower action potentials than before the damage.
Correct %: 39
Comments: Spatial neglect is one of the more unusual discoveries over the years of biological psychology research. When individuals experience the damage that causes this effect, they lose the ability to attend to information in a particular portion of their visual field. This neglect has been tied to visual perception, memory recall, and even verbal identification of a scene. The fact that attention can be drawn to the missed items when those struggling with this type of neglect have their attention drawn to those items suggests that they can still process these things. This would suggest that there is something wrong with the attention of these individuals.

28. What is responsible for people's circadian rhythms?
*A. Part of the brain generates the rhythm.
B. The heart and adrenal glands generate the rhythms.
C. Changes in room temperature generate the rhythms.
D. People learn to generate the rhythms based on social interactions.
Correct %: 82
Comments: Circadian rhythms are the bodily changes that occur throughout the 24-hour day. Though the sun has proven to aid in keeping these rhythms aligned with our 24-hour days, the part of us that dictates these changes is our brain. In particular, activities initiated by both our nervous and endocrine systems allow us to better adjust to the environment around us throughout our 24-hour day.

29. Timothy is comparing the memory capacity of those diagnosed with a newly classified mental disorder to a collection of control subjects. This type of research would suggest that we can define Timothy as a
A. psychoanalyst.
B. behavioral therapist.
C. cognitive therapist.
*D. experimental psychopathologist.
Correct %: 74
Comments: Experimental psychopathology is a growing field within the clinical psychology branch. In it, researchers explore differences between those with a variety of different disorders to those that have not been diagnosed. Research on these topics should be able to lead us to a better understanding of the cause, nature, and potential solutions to a wide variety of different clinical related issues.

30. If you awaken hours earlier than your usual time and cannot get back to sleep, you will miss out on most of your _____.
A. stage 2 sleep
B. stage 3 sleep
C. stage 4 sleep
*D. REM sleep
Correct %: 83
Comments: This question related to the different stages of sleep that we go through during the night, as well as the cycles that we go through in order to reach each stage. During the early hours of sleep at night, people tend to spend the vast majority of their time in some of the deeper stages of sleep (stages

3 and 4). As the night progresses, people tend to spend much more time in REM sleep and some unusual version of stage 1 sleep. Since this question is referring to sleep later in the night, the correct answer to the question is answer D—REM sleep.

31. The term "psychoses" is best paired with the mental disorder of
A. depression.
B. generalized anxiety disorder.
*C. schizophrenia.
D. autism spectral disorder.
Correct %: 78
Comments: Psychoses are defined as symptoms that involve some type of a mental break from external realty. The disorder above that relates to the loss of understanding of external reality is schizophrenia. The other disorders mentioned can definitely cause individuals to perceive the world in a very different light when compared to those that are not diagnosed with those disorders, but schizophrenia is the only disorder listed that typically involves someone experiencing a complete break from reality.

32. Helen has lost the ability to control her right hand—despite the fact that she didn't experience any physical trauma to her hand or the nerves connecting to it. If this is eventually considered a psychological issue, her symptoms can be defined as
*A. a dissociative disorder.
B. a psychological disorder.
C. a personality disorder.
D. a behavioral disorder.
Correct %: 59
Comments: Though dissociative disorders are fairly rare; they do sometimes occur. They involve the breakdown of some type of mental functioning (awareness, perception, identity, etc.). Since the issue being described with Helen cannot be tied to anything physically wrong with her, her symptoms would probably be tied to some type of a dissociative disorder—unless something else is discovered at a later point.

33. The medical model of mental disorders countered the then-current assumption that mental disorders came from
A. genetics.
*B. spiritual entities.
C. abnormal thoughts.
D. a combination of the environment and genetics.
Correct %: 55
Comments: The medical model of mental disorders—a model that has been replaced by the bio-psycho-social model of mental disorders—suggested that most mental abnormalities resulted directly from some biological change in brain/body. Though it resulted in some very negative consequences (asylums, the notion of mental "diseases", etc.), it was a much more scientific replacement to the earlier held belief that mental disorders resulted from some type of spiritual event/entity.

34. Which of the following was NOT discussed as a problem with pharmacotherapy?
A. the side effects of drugs
B. the fact that drugs often don't cure mental disorders
C. the lack of specificity of the drugs
*D. the limited effectiveness of drugs

Correct %: 23
Comments: This question was flagged as a "bad" question. I'm uncertain as to why this was the case. Though they have proven to be effective at times, there are many complaints about the use of the pharmacotherapy technique. One compliant that has not been raised relates to the scope of the effectiveness of the drugs that have been used. Most researchers have insisted that the drugs work on a wide variety of symptoms—even if we can't explain how/why.

35. Socioeconomic status would be considered part of the _____ in the diathesis-stress model of mental disorders.
A. diathesis
*B. stress
C. outcome
D. diathesis AND stress
Correct %: 70
Comments: The diathesis stress model suggests that many mental disorders result from a combination of biological predispositions (the diathesis) and environment factors (the stress). Since SES is an environmental factor, the correct answer to this question is B.

36. Diathesis-stress research has suggested that _____ is of critical importance in explaining the development of almost all mental disorders.
A. the diathesis
B. the stress
C. only the outcome
*D. both the diathesis AND stress
Correct %: 87
Comments: As mentioned in the previous question, most researchers believe that mental disorders result from a combination of biological dispositions (diathesis) and social environments (stress). It is important to note for this question that the diathesis for individuals can strongly impact how much stress is required for a mental disorder to manifest. It can also determine which disorder does manifest itself in an individual.

37. Which of the following is an example of a "personality disorder"?
A. depression
B. generalized anxiety disorder
*C. narcissism
D. bipolar disorder
Correct %: 44
Comments: Depression, generalized anxiety disorder, and bipolar disorder are all considered types of clinical/psychological disorders. They are different from personality disorders in that a) they do not tend to be something that dominates the person's personality throughout their life (bipolar disorder being one that is on the fringe of this), and b) they involve behaviors that the sufferer tends to want to correct. Neither of these characteristics are the case for personality disorders—including narcissism.

38. How do phobias and panic disorder differ?
A. Phobias are mild, whereas panic attacks are intense.
B. Panic attacks are mild, whereas phobias are intense.
C. Phobic reactions produce hyperventilation, whereas panic attacks do not.
*D. Panic attacks occur unpredictably, whereas certain objects trigger phobic reactions.

Correct %: 95
Comments: Both of these disorders involve the occurrence of an extremely strong sympathetic nervous system response. The key difference here is that phobias have something in particular that triggers this response, while panic disorder is characterized by the random occurrence of these responses.

39. Research on the development of phobias that looked at monkeys suggested that a monkey develops a strong fear of snakes
A. only if it gets a snake bite itself.
B. only if it gets a snake bite or watches another monkey get bitten.
*C. even if it just watches another monkey show fear in response to the snake.
D. only if it is born with a certain gene for snake fear.
Correct %: 89
Comments: This topic allowed us to see the connection between clinical work and the work done by behaviorists. This study involved the concept of something called vicarious learning. In the study, it was shown that monkeys can develop phobia symptoms by observing them in others—but only if the object of the phobic reaction is viewed. In this case, the two things required for monkeys to develop a phobia of snakes is a) a view of the snake, and b) a view of another monkey reacting in terror to that snake.

40. What is the DSM?
A. a society
B. an intelligence test
C. a personality test
*D. a book
Correct %: 73
Comments: The DSM—diagnostic and statistical manual of mental disorders—is the book most commonly used by mental health specialists in the United States and other neighboring countries. It has been in use for nearly 60 years, always attempting to define the different symptoms/disorders/issues that are present in society. It has undergone several revisions over the years, but has always attempted to be atheoretical in its approach to the field. In other words, it doesn't focus its attention on causes and treatments of disorders, just the symptoms themselves.

41. What do all or nearly all addictive substances do?
A. They increase the flow of blood to the left hemisphere of the brain.
B. They decrease the amplitude and velocity of action potentials in the brain.
C. They block the release of serotonin in the hippocampus of the brain.
*D. They release dopamine in the nucleus accumbens of the brain.
Correct %: 88
Comments: Addictive substances can do a litany of different things to the body—in particular the nervous system—but they all have one primary thing in common. Addictive substances are all partially addictive because of the reward pathway that they activate in our brain. This reward pathway has been linked to the nucleus accumbens of our brain. In it, a large number of cells using dopamine become active as a result of the use of the addictive substance.

42. Anxiety disorders are more common in _____ and depression is more common in _____.
*A. women... women
B. women... men
C. men... women
D. men... men

Correct %: 39
Comments: Though many students read this and thought that there had to be some male/female combination for this response, the answer to this question is A. In fact, women are more often diagnosed for a wide range of mood and anxiety disorders. The explanation for why this is the case has been of particular interest for many experimental psychopathologists. Some have linked the difference to genetics, others to environmental factors, and others to the stereotypes held by both the individuals diagnosing and those being diagnosed.

43. People with bipolar disorder alternate between periods of
A. obsessions and compulsions.
B. alcohol abuse and abstention from alcohol.
*C. depression and mania.
D. one personality and another.
Correct %: 78
Comments: Bipolar disorder—formerly known as manic-depressive disorder—involves the fluctuation between different moods. Though not all individuals diagnosed with bipolar disorder struggle with depression, most do. It is important to note that a fluctuation between personalities is not a component of bipolar disorder—this was sadly one of the answers that many of the students in the class gravitated towards.

44. What does cognitive therapy try to change about a depressed person?
A. How the person spends his or her money.
B. How the person eats, sleeps, and dresses.
*C. How the person interprets ambiguous situations
D. How well the person remembers traumatic childhood events.
Correct %: 92
Comments: Cognitive therapy is a technique focused on altering some of the cognitions of the individuals that seek therapy. The assumption of this therapeutic technique is that many disorder symptoms are a result of some type of a misperception held by the individual (of the self, world, situation, future, etc.). Because of this assumption, cognitive therapists attempt to reorient the thinking of their clients, and in doing so, hope to alleviate the client of many of their symptoms.

45. Why are hallucinations considered a "positive" symptom of schizophrenia?
A. Hallucinations are the result of increased brain activity.
B. Hallucinations are enjoyable to the person.
C. Hallucinations are a sign that the person is starting to get better.
*D. Hallucinations are present, as opposed to absent.
Correct %: 76
Comments: Though the term "positive" symptoms sounds good; they are anything but that for individuals struggling with schizophrenia. Positive symptoms of schizophrenia are thoughts/behaviors that the individual is displaying that are not displayed by most individuals. The most common positive symptoms of schizophrenia are hallucinations and delusions. When the hallucinations or delusions are diminishing, we say that the positive symptoms are diminishing or going away.

46. Schizophrenia is less common than average in which parts of the world?
A. countries bordering an ocean
B. countries that accept many immigrants
*C. Third World countries

D. the same countries where obesity is most common
Correct %: 71
Comments: There is a great deal of debate as to why this is the case, but individuals in third world countries are indeed diagnosed with schizophrenia significantly less than those in developed countries. Some have linked these differences to the environmental factors that might play a role in the development of this disorder, others have linked it to the different way that we can perceive the actions of individuals from one culture to another.

47. According to the neurodevelopmental hypothesis, schizophrenia results mainly from abnormalities of brain development at what age?
*A. around the time of birth
B. early childhood
C. adolescence
D. young adulthood
Correct %: 29
Comments: The wording of the question might have caused some confusion. The question was asking about the point where those that will eventually develop schizophrenia depart from those that don't. The neurodevelopmental hypothesis suggests that this divergence occurs at around birth. The cause of this separation has yet to be definitively determined, though many explanations for the cause have been explored.

48. According to the neurodevelopmental hypothesis, schizophrenia results mainly from abnormalities of brain development at what age?
*A. around the time of birth
B. early childhood
C. adolescence
D. young adulthood
Correct %: 94
Comments: Though the symptoms of schizophrenia don't start to emerge within individuals diagnosed with schizophrenia until late teenage/early adulthood years, many theorists have proposed that the track to developing the disorder started long before that point. In particular, the neurodevelopmental hypothesis suggests that the disorder probably starts to cause a differentiation of individuals near the time of birth.

49. In person-centered therapy, what does the therapist do?
A. set clear goals for changes in behavior
*B. provide unconditional positive regard
C. interpret dreams and hidden meanings of behavior
D. help the person find more optimistic interpretations of life events
Correct %: 64
Comments: Person-centered therapy is a version of therapy born from the humanistic perspective. In it, therapists are supposed to create a welcoming environment that allows the client to explore who they are and what can best help them with their problems. To do this, reflect techniques, unconditional positive regard, and minimal direction are critical components to the process.

50. What is a meta-analysis?
A. a form of therapy that uses several treatment techniques.
*B. a statistical technique used to examine the combined results of several studies.

C. an intense form of psychotherapy.
D. a complex theory of psychological change.
Correct %: 88
Comments: Meta-analyses are critical approaches to research for a wide variety of different areas of psychology. They are of particular importance in the field of clinical psychology. This is because there are so many different therapeutic techniques and topics relating to the field that are being explored from different angles. Meta-analyses allow researchers to combine a variety of different studies through different statistical tools in order to explore a broad effect of interest.

Final Exam

1. The philosophical position that every behavior has a cause is known as
A. free will.
*B. determinism.
C. hereditarianism.
D. environmentalism.
Correct %: 91
Comments: The free will versus determinism debate was one of the first topics explored by philosophers and the eventual psychologists that came from this approach to studying the mind. In the debate, theorists have attempted to determine if our actions come directly from a collection of stimuli and exposures, or from internal thoughts and emotions that cannot be directly tied to these environmental factors. Though it is approached differently these days, some psychologists still explore this debate. One group closely linked to this debate are psychologists called behaviorists.

2. A cognitive psychologist usually studies the topic(s) of
A. the relationship between brain and behavior.
B. the influence of the social environment on behavior.
C. the behavior of infants.
*D. thinking and acquiring knowledge.
Correct %: 55
Comments: Cognitive psychology is a branch of psychology that focuses on the basic mental processes of the mind. Though many cognitive psychologists focus their attention on the processes of attention and memory, others have explored topics like problem solving, language, categorization, and other related topics. These topics can all be whittled down to being described as an exploration of the processes of thinking and acquiring knowledge.

3. Wilhelm Wundt was one of the first people to demonstrate that
A. talking with people can help relieve their psychological disorders.
*B. it is possible to measure psychological processes scientifically.
C. mental processes depend on the activity of the brain.
D. behavior is controlled by both a conscious mind and an unconscious mind.
Correct %: 80
Comments: Wilhelm Wundt is well known in the field of psychology thanks to the fact that he was the first person to establish a psychological lab. His research attempted to focus on the basic processes of the mind. He studied topics like sensation, reaction times, and other very basic processes. His main goal in all of these studies was to establish that researchers could explore concepts of psychology from a scientific perspective, just like the other hard sciences that existed at the time.

4. Which of the following is a highly desirable feature of a scientific study?
A. selective attrition
B. demand characteristics
*C. replicability
D. illusory correlation
Correct %: 92
Comments: This question was testing the comprehension of several terms that are of importance when running a study. Three of these terms describe components that you do NOT want in your study. You do not want selective attrition (an unequal falling off of participants in a study that impacts the results of the study), demand characteristics (changes in the behavior of participants due to the influence of the researcher), or illusory correlations (a perception of an overlap of variables that doesn't actually manifest itself when verified scientifically). Researchers DO was a replicable study. These studies are ones that can be reproduced, with similar findings being collected in these reproductions.

5. A study of the relationship between two variables that the investigator does not control is a
A. single-blind experiment.
B. double-blind experiment.
*C. correlational study.
D. case history.
Correct %: 64
Comments: This is the definition of a correlational study. Correlational studies are often discounted by some because they cannot determine causation, but many researchers recognize that these are extremely valuable studies. They can tell us about the relationship between two or more variables, and they can allow us to predict where someone might lie on one variable based on knowledge about where they lie on another (or multiple) variable(s).

6. An experimenter kept students in a hot, neutral, or cold room and then tested their ability to memorize poetry. What was the dependent variable in this experiment?
A. the motivation of the students
B. the difficulty of the poetry
C. the temperature of the room
*D. the students' success in memorizing the poetry
Correct %: 88
Comments: In experimental research designs, the variable being manipulated in order to determine how its manipulation impacts another variable is called the independent variable (IV). The variable that is being measured to see if it is impacted through manipulations of the independent variable is called the dependent variable (DV). In this example, since memory is the variable being measured to see if it is impacted by the IV of change of temperature, memory is considered the DV.

7. When can a researcher NOT measure the mean of a group?
A. When the variable being measured in a ratio variable
*B. When the variable being measured in a nominal variable
C. When the variable being measured in an interval variable
D. The mean can be calculated for ALL of these variables listed
Correct %: 21
Comments: This was labelled as a "bad" question, but the answer is very straightforward. The only variable where a mean cannot be calculated is a nominal variable. This is because nominal variables are

variables that have groupings for their levels. Imagine calculating out the "average" state that people live in based on everyone's state listings. You can discuss the most common state, but "average" makes no sense.

8. The three major structures of a neuron are the cell body, the _____, and the _____.
A. glia...dendrites
B. action potential...membrane
C. glia...axon
*D. dendrites...axon
Correct %: 98
Comments: Though they differ in size and shape, and also have a variety of different neurotransmitters that they use, each neuron has several overlapping components. For starters, they all have a dendrite or multiple dendrites—the receiving portions of the cell. They also all have an axon, the structure that the action potential occurs along in order for a neuron to communicate with adjacent cells (usually neurons).

9. In the great majority of cases, transmission of information at a synapse depends on
A. mechanical vibration.
B. electricity.
C. magnetic fields.
*D. chemicals.
Correct %: 68
Comments: Though there are some rare occurrences in the synapses (sometimes called synaptic clefts), most neurons communicate with each other in this space through the use of neurotransmitters. These neurotransmitters can come in a variety of different forms, but they are always chemicals that are released in order to inhibit or excite an adjacent neuron/cell.

10. Which lobe of the cortex processes touch sensation and the location of objects in space?
A. frontal
B. temporal
*C. parietal
D. occipital
Correct %: 65
Comments: Each lobe of the brain has a very important role in one of our different senses or mental functions. The frontal lobe is involved in movement, the temporal lobe is involved in auditory processing, and the occipital lobe is involved in vision. The parietal lobe is the lobe involved in touch.

11. A split-brain patient has surgical damage to which brain structure?
A. visual cortex
*B. corpus callosum
C. frontal cortex
D. cerebellum
Correct %: 92
Comments: Split-brain patients are described as such because the two hemispheres of their brain are disconnected from each other. In order for this to occur, the bands connecting the two hemispheres must be severed. The name we give for the region that contains these bands is the corpus callosum.

12. Where are the receptors that the electromagnetic energy from light must strike, in order for you to see it?
A. in the pupil
B. in the cornea
C. in the visual cortex
*D. in the retina
Correct %: 83
Comments: Though light must pass through the pupil and cornea to reach the rods and cones that process electromagnetic energy from light, rods and cones are not located in these areas. These cells are located in the retina of the eye. The information from the rods and cones eventually is sent to the visual cortex through nerves, but the electromagnetic energy never hits that area—which is good since it's in the back of our brains.

13. According to the trichromatic theory (Young-Helmholtz theory), how do we perceive color?
A. by a red-green system and a yellow-blue system
B. by the frequency of impulses in each receptor cell
*C. by the ratio of firing among three types of cones
D. by comparing responses in different regions of the retina
Correct %: 76
Comments: The trichromatic theory, which was proposed before we had the ability to verify the cells related to it, suggested that our ability to distinguish between different colors came from our mind's ability to break down the ratio of activity of three different types of cells in our eyes. We now call these cells cones, and there do seem to be three different types of cells in our eyes (high-, medium-, and low-frequency cones) that send a neural message to our brain so we can perceive color. There is more to this color perception process, but this is the gist of the trichromatic theory.

14. If a stimulus is just slightly weaker than the absolute sensory threshold, how often would we expect a person to be able to identify its presence?
A. never
B. never consciously, but almost always at an unconscious level
C. about 75% of the time
*D. a little less than half the time
Correct %: 33
Comments: In sensory detection testing, people are presented stimuli at very low levels (weak sounds, low amplitude light, etc.). The sensory threshold is indicated as the point where people just start to identify a stimulus some of the time. In essence, it's when we can start identifying a stimulus at a level that is statistically greater than mere chance.

15. Comparing people from different birth cohorts at the same time is which kind of study?
*A. cross-sectional
B. cross-cultural
C. longitudinal
D. introspective
Correct %: 84
Comments: In developmental research, birth cohorts are groups of individuals that are born at roughly the same time. If a researcher is comparing group cohorts by measuring all of them at the same time (meaning that the cohorts are different ages during the measurement), the researcher is running a

cross-sectional design study. If the researcher were to follow one cohort for a long stretch of time, the researcher would be running a longitudinal study.

16. What observation persuaded Piaget that young children lack the concept of object permanence?
A. They say that some coins spread out are “more” than the same coins together.
*B. They fail to reach around a barrier to retrieve a toy.
C. They say that a yellow ball behind a blue glass is “really” green.
D. The grasp reflex returns when activity in the cerebral cortex is suppressed.
Correct %: 84
Comments: Though Piaget tested the topic of object permanence in a number of ways, one of the original behaviors of infants that indicated the need to learn this was described in answer B. According to Piaget, the ability to understand this idea began to emerge by about the age of 1.

17. Many studies report personality differences between first-born and later born children. However, many of the studies can be faulted for confusing birth order effects with the effects of _____ (think about the intelligence and birth order studies).
A. recent vs. earlier cohorts
*B. large vs. small family size
C. longitudinal vs. cross-sectional studies
D. male vs. female
Correct %: 80
Comments: Though most research on birth order in the early years focused primarily on the order that someone reported in the family, a lot of recent research on the topic has focused on other factors that could contribute to some of the birth order effects that were discovered earlier. One of the big factors that appears to be impacting the birth order results is the size of the family that an individual is in.

18. Which of the following is NOT a characteristic of behaviorism?
A. interest in animal learning in laboratory conditions
B. belief that all behavior has causes
C. search for an understanding of stimulus-response relationships
*D. interest in the difference between conscious and unconscious thought
Correct %: 73
Comments: Behaviorists attempt to explore the cause and effect relationship between the environment and behaviors. Behaviorists have studied animals and humans in order to try to understand these processes. Their main focus is on the observable impacts of stimuli on behaviors. Because of this, topics like thoughts—both conscious and unconscious—are not examined by people that label themselves as behaviorists. This doesn’t mean that all behaviorists discount the value of thoughts, they just don’t study them.

19. Your clock makes a clicking sound just before the alarm goes off. Even though you didn't wake up to the clicking sound initially, now you do, due to classical conditioning. The loud alarm is a/an
*A. unconditioned stimulus.
B. unconditioned response.
C. conditioned stimulus.
D. conditioned response.
Correct %: 70
Comments: This situation described above is a prime example of classical conditioning. In classical conditioning, new pairings of stimuli and responses are made through the recognition of overlaps

between stimuli. Since the loud sound produced an automatic response (something that didn't need to be learned), the loud sound is considered the unconditioned stimulus. The response to the sound is called the unconditioned response.

20. According to Edward Thorndike, reinforcement is an event that
A. physically forces an animal to make a certain response.
B. reminds an animal of a previous experience.
C. an animal desires.
*D. increases the probability of the preceding response.
Correct %: 83
Comments: Though there has been debate about what makes a reinforcer an actual reinforcement for an individual, Thorndike (and Skinner) argued that reinforcers should be defined in simple terms. Instead of being concerned with pleasure, homeostasis, or other factors, Thorndike described reinforcement for an action as an event that increases the likelihood of that action occurring again in the future.

21. An individual receives a reinforcement after a certain number of responses. Sometimes 5 responses are necessary, sometimes 2, and sometimes 10. This is an example of which type of schedule of reinforcement?
A. fixed ratio
*B. variable ratio
C. fixed interval
D. variable interval
Correct %: 65
Comments: This question relates to the topic of schedules of reinforcement. Since the example is referencing a reinforcement schedule that is based on the number of responses instead of time passing, it is considered a ratio schedule. Since the number of responses required for reinforcement changes across sessions, it is called a variable schedule. Put them together and you have your variable ratio response schedule.

22. In Ebbinghaus's studies of memorization of nonsense syllables, who did the memorizing?
A. students in Ebbinghaus's General Psychology course
B. mentally challenged adults
C. Ebbinghaus's children
*D. Ebbinghaus himself
Correct %: 66
Comments: To control for individual differences, bias, and other theoretical concerns, Ebbinghaus decided to control for these issues by testing only one individual in his memory research—himself. Though there have been complaints about the external validity of his findings because of this decision, many have realized how useful this control over his measurement was when he essentially set the groundwork for testing the unbelievably complex construct of memory.

23. Remembering a specific event in your life is defined as _____ memory. Remembering a fact or principle is defined as _____ memory.
A. implicit... procedural
B. procedural... implicit
C. semantic... episodic
*D. episodic... semantic

Correct %: 95
Comments: This is a definition question. It's getting at the many different forms of long-term memory that we are able to store. Both of the types of memory referenced here are what we call explicit memories. The difference between them is that one is general (semantic), while the other is very specific and time tagged (episodic). Researchers have spent years trying to separate these out in more than definition by looking at the brain, how these memories activate different cognitive functions, and how they might be influenced by other situations differently.

24. Which of these improves memory?
A. retroactive interference
B. proactive interference
C. Korsakoff's syndrome
*D. depth of processing
Correct %: 86
Comments: Answers A through C reference things that actually impede memory. The two types of interference explain why it is difficult to retain information (both old and new) if there is similar information competing for space within our mind. Answer C describes a degenerative disease that hinders several aspects of cognitive functioning—memory being one of them. Depth of processing is a memory encoding technique that requires attention to detail and the generation of links to the information being processed. It has shown to greatly enhance memory, even if defining what makes for "deep" processing is still yet to be definitively determined.

25. Most people show the Stroop effect. What type of person would NOT show it?
*A. someone who can't read
B. someone with impaired short-term memory
C. someone with post-traumatic stress disorder
D. someone with extremely vivid visual imagery
Correct %: 65
Comments: The Stroop effect highlights the power of automaticity. To generate this effect, individuals are shown a list of words that are different colors. They are asked to identify the colors of the words. This becomes extremely difficult when the words are of colors ("blue", "green", etc.). The difficulty of this task highlights how automatic reading becomes for us as we develop this skill. Of course, if you can't read, this effect doesn't work.

26. What are algorithms?
A. mental representations of spatial arrangements
*B. mechanical, repetitive mathematical procedures for solving a problem
C. strategies for simplifying a problem or for guiding an investigation
D. highly typical members of a category
Correct %: 81
Comments: This was a definition question relating to the cognitive psychology topic of problem solving. In discussions of this topic, people often refer to the difference between heuristics and algorithms. Algorithms, defined in answer B, provide the problem solver with a guaranteed solution to a problem (assuming the problem is solvable), but come at the risk of being extremely time consuming.

27. What is the relationship between the sentences "The building is big" and "It is a large building"?
A. They have the same surface structure and the same deep structure.
B. They have the same surface structure but different deep structures.

*C. They have the same deep structure but different surface structures.
D. They have different deep structures and different surface structures.
Correct %: 80
Comments: This question relates to the topic of language. In particular, it is asking about the structure of sentences. Since these two sentences mean the same thing, they have the same deep structure. Since they are organized differently, they have different surface structures.

28. What was the original reason for developing IQ tests?
A. to measure innate ability
B. to study brain development
*C. to predict school performance
D. to help discover what intelligence really is
Correct %: 51
Comments: Alfter Binet and his colleague Theodore Simon have been credited for creating the first popularly distributed IQ test. People had examined the topic before them, but none had attempted to create a universal test for comparison purposes. The goal of Binet and Simon was to administer this test to children in the French elementary school system. In doing this, they were hoping to predict the performance of many of the children, and in particular, detect any children that were likely to struggle in the typical school environment.

29. If genetic differences were unimportant for some trait, what should we expect?
A. Dizygotic twins should resemble each other more than siblings born at different times.
B. Monozygotic twins should resemble each other more than dizygotic twins do.
C. Adopted children should resemble their biological parents.
*D. Monozygotic twins reared apart should not resemble each other significantly.
Correct %: 77
Comments: This was an atypically phrased question relating to the topic of heritability. Since the question suggests that the heritability of this trait is low, we'd expect to see similar overlaps between all types of sibling pairs—with no boost in overlap between sibling pairs that share a large amount of genetic overlap. The only answer listed above that describes overlaps that are independent of genetic overlap is answer D.

30. Someone with an IQ score of 130 is in the 98th percentile. This means he or she
A. answered 130 questions correctly.
B. answered 98 questions correctly.
C. answered 98% of the questions correctly.
*D. did better than 98% of the people his or her age who took the test.
Correct %: 98
Comments: This question has a distractor statement embedded within it. To answer this question, all that was required was knowledge that the 98^{th} percentile term refers to the percentage of the population that someone would theoretically perform better than. With that being said, it is technically true that if you already knew about the mean (100) and SD (15) of IQ scores, as well as the fact that someone 2 SD's above the mean would be in roughly the 98^{th} percentile, you could have answered this question without the 98^{th} percentile information.

31. Hypnosis is a condition of
A. dominance of one person over another.
B. lack of brain activity.

*C. increased suggestibility.
D. increased magnetic fields around the body.
Correct %: 89
Comments: This question was difficult for some because it came solely from the book—not the presentations. Though many ideas have been linked to the topic of hypnosis and the effects of the hypnotic state, the only conclusive thing that's been found by psychologists and biologists is that hypnosis involves a mental state of increased suggestibility.

32. Which of the following is an example of motivation as described in drive reduction theory?
A. the desire to ride a roller coaster
B. the enjoyment of painting or other creative activity
C. an interest in trying unfamiliar foods just for variety
*D. the desire to remove a painful thorn
Correct %: 11
Comments: This was an odd question for so many people to get it wrong. In essence, the drive reduction theory suggests that many of our motivators come from a desire to satisfy some biological need. The only one that relates to this topic is answer D. The other answers relate to more cognitive/emotional motivators.

33. Which of the following is the clearest example of a homeostatic motivation?
A. self-actualization
B. fear of failure
*C. temperature regulation
D. desire to succeed
Correct %: 8
Comments: This was another question that many students answered incorrectly. For future students that review this, don't skip the motivation presentation. Temperature regulation is a classic example of homeostatic motivation. Homeostatic motivation is the drive to keep things in our environment at a set level. This type of motivation can also be explained to differentiate between those moments when food, sleep, and other motivators can sometimes actually lose their motivating influence when we've had too much of these motivators recently.

34. What evidence most strongly supports a genetic contribution to sexual orientation?
A. analysis of differences among cultures
B. similarities between fathers and their sons
C. interviews with people about why and how they developed their orientation
*D. comparisons of monozygotic and dizygotic twins
Correct %: 91
Comments: Though it is true that the overlap in sexuality between monozygotic twins is far from a perfect overlap, the overlap of monozygotic twins versus fraternal twins is significantly higher. This suggests that there is a genetic component to sexual orientation. With that said, it is also important to stress that environment has been considered equally important in the development of this orientation—though much has yet to be determined about what environmental factors are of critical importance.

35. Someone who regards herself as a female and who prefers both female and male sexual partners has a _____ gender identity.
A. mixed
B. generalized

C. male
*D. female
Correct %: 73
Comments: This was another definition question relating to the topic of gender. Since the question is asking about gender identity, information about sexual orientation, anatomy, and genetics is unimportant. The only thing that is critical in this statement is that the person described considers herself a female. This means that she has a female gender identity.

36. Which of the following observations most strongly supports the James-Lange theory?
A. Certain kinds of brain damage interfere with one and only one type of emotion.
*B. People with weak autonomic responses report feeling only weak emotions.
C. Emotional responses and actions develop gradually after the onset of a stimulus.
D. People from other cultures can accurately recognize the same facial expressions.
Correct %: 40
Comments: The James-Lange theory of emotions suggests that a large player in our recognition of our emotions comes from our recognition of our physiological state and behaviors. They suggested that these were especially important in determining the strength of our emotions. Their theory was eventually revised to include the importance of the social situation, but they suggested that just recognizing what emotion someone should feel because of the situation is not a sufficient indicator of emotion strength.

37. Psychological researchers who believe we have a few basic emotions generally list six. Which of these is one of those six?
A. confusion
B. humor
C. gratitude
*D. surprise
Correct %: 64
Comments: The 6 basic emotions are considered basic because we a) seem to display them at a young age, b) can identify them through seemingly automatic facial expressions, and c) can identify them across cultures/generation. They are as follows: sadness, happiness, surprise, anger, fear, and disgust. There have been others proposed as additional basic emotions (jealousy, pride), but many suggest that these additional emotions only emerge at older ages, so they shouldn't be defined as "basic".

38. The prisoner's dilemma is an attempt to investigate
A. factors that change people's political attitudes.
B. the development of prejudices.
*C. cooperation and competition.
D. under what circumstances people help or ignore a person in distress.
Correct %: 79
Comments: The prisoner's dilemma is a topic explored by social psychologists (and economists). When presented with the dilemma, participants paired up with another participant and told that they will given a choice of options. The catch to the experiment comes in the fact that participants making the choice must choose between two options alone, but the choice of the pair determines the outcome of the dilemma. This experiment has consistently shown that people tend to make decisions based on what is best for themselves, even if it hurts the pair as a whole.

39. Which of the following is an example of an internal attribution for someone's behavior?

A. He contributed to the charity because he saw other people doing so.
B. He contributed to the charity because he read about the group's accomplishments.
*C. He contributed to the charity because he is a generous person.
D. He contributed to the charity because he needed a tax deduction.
Correct %: 93
Comments: Attribution research focuses on the process of explaining the behaviors of others. When differentiating between internal and external attributions, we are attempting to explain the primary cause of a behavior. If someone makes an internal attribution, they are assuming that the cause of an action relates to an inherent disposition of the actor. The answer that relates to this type of attribution is answer C. The others are all examples of external attributions.

40. According to the theory of cognitive dissonance, which of the following would be most likely to make someone enjoy some boring task?
A. Frankly admit that everyone else considers the task dull.
B. Physically force the person to do the task.
*C. Provide just a minimum reward for doing the task.
D. Reward the person well for doing the task.
Correct %: 42
Comments: The actual experience of cognitive dissonance occurs when someone's behaviors don't match their beliefs/emotions/thoughts. When this occurs, people often feel a great deal of discomfort. If they can change their behaviors, they can avoid this discomfort. If their actions have already occurred, they only have the option of either justifying their behaviors or altering the beliefs. When you can't justify your behaviors—like we see in answer C—the only option left is to change your beliefs. This exact idea relates to the cog turning experiment of Leon Festinger, the researcher that first introduced this concept.

41. According to Asch's studies on conformity, about how many people conform to the opinion of the majority even when they know the majority is wrong?
*A. More than half of all people conform at least some of the time.
B. About 1% of all people conform all the time, but others almost never do.
C. About 99% percent of all people conform more than half the time.
D. No one whom Asch tested conformed when the majority was clearly wrong.
Correct %: 75
Comments: Solomon Asch's line study required participants to match line lengths through several sessions of visual inspections. This task was considered very easy and straightforward for all of the sessions. What made it interesting was the fact that Asch paired participants up in a room with other individuals that posed as participants. In reality, these individuals were confederates of the study. They were asked to universally give the occasional wrong response during some of the sessions. Asch found that participants went with the group about 1/3 of the time when this occurred. Overall, well over half of the participants went with the group's incorrect response at least once during the sessions.

42. A theory that relates personality to the interplay of conflicting forces within the individual is known as a
*A. psychodynamic theory.
B. cognitive theory.
C. humanistic theory.
D. trait theory.
Correct %: 81

Comments: There are many different theories about the source of our individual differences. Some of these theories focus on thoughts, others on learned skills, others genetics, just to name a few of the approaches. The theory that focuses on an interplay of forces—especially the conflicting ones—is the psychodynamic theory. This theory was proposed by Sigmund Freud over 100 years ago. This theory has been edited and revised, but the focus on forces and internal conflict is still at the heart of this theory.

43. Researchers on traits believe that the big five personality dimensions
A. each apply to a few very specific situations.
B. are all highly related to each other.
C. are the first five traits to develop in a child, although many more important traits develop later in life.
*D. can describe most of the usual variation in human personality.
Correct %: 84
Comments: The trait approach to personality focuses on the attempt to study personality related topics through the separation of individuals on the dimensions of traits. Some trait theorists have argued that we should study individuals and the traits that they possess on a person by person basis. This would mean that some individuals would be defined by just a few traits, others by a large collection of them—with little to no overlap between these traits across individuals. The big five personality dimensions represents a trait based approach that assumes that we can actually separate everyone and study the effect of traits by using a universal set of traits for everyone. To do this, we just determine how high, medium, or low each of us is on their set of 5 traits. Their belief is that a combination of these five traits can indeed be used to explain almost all of the individual differences that we see in our social world.

44. What is the personality test called the NEO PI-R based on?
A. Carl Jung's theory of personality
B. Alfred Adler's theory of personality
*C. the big five personality model
D. humanistic personality theory
Correct %: 51
Comments: The NEO PI-R is a personality test that was created by Paul Costa and Robert McCrae. The original version of their test was meant to measure individual differences along three traits (neuroticism, extraversion, and openness to experience). The revised edition is used to compare people across 5 dimensions—called the big 5. These 5 traits are considered the most parsimonious approach to trait research that we currently have. There are alternative trait approaches that are out there, but the NEO PI-R is a very commonly used test as a result of the popularity of the big 5.

45. Many psychologists and psychiatrists have offered criticisms of both DSM-IV and DSM-5. Which of the following is NOT one of those criticisms?
A. DSM gives too many people the stigma of a mental illness diagnosis.
*B. DSM includes only the most serious mental illnesses.
C. Many troubled people do not neatly fit any of the diagnoses.
D. It is often difficult to distinguish between one diagnosis and another.
Correct %: 77
Comments: The diagnostic and statistical manual of mental disorders has been the manual of choice for clinical psychologists in the United States for over half a century. It is used to diagnose and define several concepts related to the field of clinical psychology. It is designed to be atheoretical, meaning that it does not provide suggested treatments for different issues, and it avoids getting into debating the potential causes for disorders. There have been many concerned aired about this manual. All of the

answers above, except answer B, have been aired about the recent editions of the manual. In terms of answer B, this has never been considered an issue. The DSM has many descriptions of disorders that range in severity and symptoms.

46. When John B. Watson tried to show that phobias develop by classical conditioning, the conditioned stimulus was _____ and the unconditioned stimulus was _____.
*A. a white rat... a loud noise
B. a loud noise... a white rat
C. a white rat... fear
D. a loud noise... fear
Correct %: 58
Comments: Watson's famous research on phobias and their potential source have often been tied to his studies with a child known as Little Baby Albert. In his work with Albert, Watson attempted to determine if he could get the child to display a new phobia that he had not displayed before his interactions with Watson. To generate this phobic reaction, Watson paired exposure to a white rat with a loud noise in order to eventually develop a phobia of the white rat in Albert. His research was considered successful, at least in practice, but many questioned the ethical nature of his research with Albert and others that he studied when exploring this topic.

47. Anxiety disorder diagnoses are more common in _____ and depression diagnoses are more common in _____.
*A. women... women
B. women... men
C. men... women
D. men... men
Correct %: 40
Comments: This question was accidentally included in both exam 3 and the final. It turned out to be fairly difficult on both exams. The answer to this question is A. Statistically, women are diagnosed with depression and a collection of anxiety disorders much more often than men. There are several theories as to why this is the case (gender differences, assessment biases, treatment seeking differences, etc.), but regardless of the cause, these differences are considerably large.

48. In treating depression, research has generally suggested that cognitive therapy _____, whereas drug therapy _____.
A. works faster...is cheaper
B. is cheaper...works in more people
*C. has more long-lasting benefits...works faster
D. has fewer side effects...works in more people
Correct %: 92
Comments: Cognitive therapy is considered one of the more effective forms of psychotherapy for a wide variety of different disorders. It takes time to work—whereas drugs tend to work very quickly—but the effects of this therapy tend to persist much more after treatment has stopped. The fact that drugs do not show very much of a long-term effect after the drugs have stopped being used is a critical concern for those looking into treatment options for a variety of different disorders.

49. Compared to most behavior therapists, cognitive-behavior therapists place more emphasis on
*A. changing people's interpretation of their situation.
B. changing internal feelings.

C. changing internal emotional states.
D. changing unconscious beliefs about the past.
Correct %: 91
Comments: Cognitive-Behavioral therapy (CBT) is considered the gold standard for the treatment of many different disorders and clinical related issues. The focus of this approach is to change a person's thoughts and behaviors in an attempt to help them overcome their clinical related issues. One of the primary goals in their treatment approach is to alter the interpretations of the individual seeking treatment. The interpretations that can be focused on during these sessions vary—the situation, the self, the future, etc.—but challenging interpretations is almost always a critical component of the CBT therapeutic sessions.

50. An adult who suddenly became blind continues to have visual imagery and visual dreams. Based on this information, what can you infer caused the blindness?
*A. damage to the eyes
B. damage to the occipital lobe
C. damage to the parietal lobe
D. damage to the temporal lobe
Correct %: 85
Comments: This question related to the topic of sensation and perception. It highlighted the notion that the processes of seeing/hearing/smelling/feeling all come from actions of the brain. With that being said, to actually detect these sensations, sensory organs are required. Since the individual described above seems to still be able to experience vision, the damage doesn't seem to be linked to the brain. The occipital lobe would be the most likely suspect if the damage were linked to the brain. This would mean that the damage has to come from the sensory organ—or the eyes.