

Exam 3

1. Empiricists support the importance of _____ in development.

- A. research
- B. biological predispositions
- *C. the environment
- D. nativism

% Correct: 70

2. Panic disorder is frequently linked (has a high level of comorbidity) with what other disorder?

- A. obsessive-compulsive disorder
- *B. social anxiety disorder
- C. dissociative identity disorder
- D. conversion disorder

% Correct: 82

3. According to the substance abuse literature definitions, how is physical dependence different from psychological dependence?

- A. Using something with a physical dependence causes harm in one's life.
- *B. Quitting something with a physical dependence causes withdrawal symptoms.
- C. Something with a physical dependence releases dopamine.
- D. It is easier to quit something with a physical dependence.

% Correct: 82

4. What did Vygotsky mean by the term "the zone of proximal development"?

- A. The distance between what children know and what adults know.
- *B. The difference between what a child does alone and what the child does with help.
- C. The time needed to make a transition from one of Piaget's stages to another.
- D. Impaired performance on one task as a child improves on another one.

% Correct: 94

5. The term "Bedlam" was discussed during what topic of the class?

- A. consciousness
- B. developmental psychology
- C. personality psychology
- *D. clinical psychology

% Correct: 63

6. Birth order research suggests that the sibling that is MOST likely to be higher on neuroticism in a large family is the

- *A. firstborn.
- B. middle child.
- C. first and last.
- D. last child.

% Correct: 53

7. Including the intersex group(s), researchers would argue that we have ___ sexes in the human population.

- A. 3
- B. 4
- *C. 5
- D. 6

% Correct: 91

8. If an identical twin identifies as homosexual, the odds of their other twin also identifying as homosexual is about _____--at least according to relatively new research done in developed countries.

- A. 90%
- *B. 50%
- C. 25%
- D. 10%

% Correct: 45

9. Which of the following studies would be impossible to answer by a cross-sectional study?

- A. At what age do most children understand conservation of number?
- B. Do first-grade and sixth-grade children generally like different music?
- *C. Do the best 6-year-old artists remain outstanding as they grow older?
- D. Do older children generally memorize facts more easily than younger children?

% Correct: 65

10. To determine heritability, most developmental psychologists have focused on comparing

- *A. monozygotic and dizygotic twins.
- B. monozygotic twins and adopted siblings.
- C. adopted siblings and biological siblings.
- D. dizygotic twins and adopted siblings.

% Correct: 34

11. The distinguishing feature of an integrative psychotherapist is that he or she

- A. relies heavily on drugs, shock, and other medical interventions.
- B. is concerned mostly with understanding the underlying reasons for a client's abnormal behavior.
- *C. can use a combination of many theories and methods.
- D. is concerned more with changing behavior than with understanding it.

% Correct: 53

12. The order of stages in Piaget's theory of development is:

- A. sensorimotor--formal operations--concrete operations--postoperational
- B. preoperational--concrete operations--formal operations--sensorimotor
- C. concrete operations--sensorimotor--preoperational--formal operations
- *D. sensorimotor--preoperational--concrete operations--formal operations

% Correct: 37

13. Concordance rates of psychopathologies between twins of major disorders like schizophrenia and bipolar disorder suggest that

- A. genes are the sole causes of these disorders.
- B. childhood environment seems to matter the most for the development of these disorders.
- C. stress levels always bring out the first symptoms of these disorders.
- *D. genetic endowments are important, but not decisive in the formation of these disorders.

% Correct: 73

14. What random health issue listed below—that doesn't really seem to relate to psychology—has strongly been related to the diathesis-stress model of health?

- A. colon cancer
- *B. ulcers
- C. osteoporosis
- D. infertility

% Correct: 37

15. A professor gives her introductory class an extremely complicated lecture, assuming that if she understands it, they will also. This is an example of which of Piaget's concepts?

- A. object permanence
- *B. egocentrism
- C. concrete operations
- D. equilibration

% Correct: 77

16. According to Piaget, children in the concrete-operations stage

- *A. have trouble with abstract and hypothetical questions.
- B. no longer use schemas.
- C. have only simple movements and do not use language.
- D. lack the concept of conservation.

% Correct: 61

17. To test for the concept of object permanence, Piaget would watch whether the child can

- A. play with a toy the same way the experimenter plays with it.
- B. state that the amount of clay or water stays the same after a distortion of its shape.
- C. answer abstract, hypothetical questions about the object.
- *D. reach around a barrier to get an object that the child no longer sees.

% Correct: 60

18. Of the following disorders, which is the LEAST common?

- *A. schizophrenia
- B. major depression
- C. substance abuse
- D. anxiety disorders

% Correct: 65

19. Which of these has been a CONSISTENT trend in psychiatry and clinical psychology since the 1950s?

- A. fewer, less precise diagnoses
- B. more reliance on Freud's theories
- *C. briefer treatments
- D. less reliance on medications

% Correct: 31

20. Robin has chosen to be described as androgynous. This definition relates specifically to Robin's

- A. biological sex.
- B. gender identity.
- *C. gender role.
- D. erotic orientation.

% Correct: 83

21. Rosenhan's famous 1973 "Pseudopatient Study" highlighted the problem with _____ within our mental health facilities.

- *A. detecting a lack of mental abnormalities
- B. living conditions
- C. the unbearable isolation for patients
- D. the financial structuring

% Correct: 76

22. What is the focus of "Fit" in the "Goodness of Fit" research on children and their happiness?

- A. energy levels

- B. extraversion
 - C. cognitive capabilities
 - *D. temperament
- % Correct: 25

23. A genetic male who is exposed to elevated estrogen levels during early development will develop in what way?

- *A. looking like a normal male
- B. looking somewhat feminized, perhaps intermediate between male and female
- C. looking like a female on one side of the body and a male on the other
- D. sexually immature with neither male or female aspects

% Correct: 69

24. Tests like the Thematic Apperception Test (TAT) are designed to get at hidden _____ in our mental life.

- A. learning
- B. memories
- C. perception
- *D. motivation

% Correct: 58

25. Work on subliminal messages highlights the _____ of _____ in our mental life.

- *A. existence; subconscious perception
- B. non-existence; subconscious perception
- C. existence; hidden learning
- D. non-existence; hidden learning

% Correct: 77

26. An informed researcher on birth order and family size effects would probably guess that the _____ sibling in a _____ family would probably score the HIGHEST on an IQ test.

- *A. first; small
- B. first; large
- C. last; small
- D. last; large

% Correct: 55

27. Someone who struggles with substance abuse would be categorized as having a

- *A. behavioral disorder.
- B. personality disorder.
- C. somatoform disorder.
- D. neurosis.

% Correct: 66

28. Most research on the diagnoses of different mental abnormalities are best defined as _____, not _____.

- A. symptoms; groupings
- B. groupings; symptoms
- C. proper sets; fuzzy sets
- *D. fuzzy sets; proper sets

% Correct: 66

29. Gender is linked to information found in the _____ chromosome pair of our human cells.

- A. 1st
- B. 12th
- *C. 23rd
- D. 46th

% Correct: 87

30. In an unchanging environment (such as a cave or a submarine), people become sleepy about once every _____ hours.

A. 12-13

*B. 24-25

C. 28-29

D. 48-49

% Correct: 40

31. During the unconscious mental life lecture, we discussed how research on risky choices and insight learning both gave us information about the importance of the unconscious in

A. motivation.

*B. thinking.

C. emotion regulation.

D. using memory.

% Correct: 68

32. Adolescents with sleep problems are much more likely than average to develop which disorder later?

A. panic disorder

*B. depression

C. schizophrenia

D. obsessive-compulsive disorder

% Correct: 65

33. According to Piaget, applying an old schema to a new object or problem is called

A. object permanence.

B. concrete operations.

C. accommodation.

*D. assimilation.

% Correct: 88

34. Which kind of psychotherapist tries to bring unconscious thoughts to consciousness?

A. behavior therapist

B. cognitive therapist

C. person-centered therapist

*D. psychoanalyst

% Correct: 65

35. People with which disorder have trouble breathing while they are asleep?

A. periodic limb movement disorder

B. hypersomnia

*C. sleep apnea

D. narcolepsy

% Correct: 72

36. The primary comparisons in the presentations during the unconscious mental life lecture was between

*A. explicit and implicit mental life.

B. conscious and subconscious mental life.

C. "pushes" and "pulls".

D. environment and biology.

% Correct: 34

37. The human genome is our complete set of

A. related family members.

*B. genes.

C. telomeres.

D. sibling pairs.

% Correct: 32

38. Autism spectrum disorder is a type of

A. organic brain syndrome.

*B. developmental disorder.

C. psychosis.

D. psychological disorder.

% Correct: 68

39. The dopamine hypothesis of schizophrenia suggests that _____ can cause symptoms of the disorder.

*A. too much dopamine in the brain

B. too little dopamine in the brain

C. dopamine that escapes the brain and gets into the bloodstream

D. dopamine that accidentally travels from the bloodstream into the brain

% Correct: 59

40. Night terrors are fairly common in _____ and they occur mostly during _____ sleep.

A. children... REM

*B. children... non-REM

C. old people... REM

D. old people... non-REM

% Correct: 79

41. Tardive dyskinesia and dystonia are side effects of

A. major depression.

*B. several previous medications for schizophrenia.

C. brain damage caused by chemotherapy.

D. memory impairment.

% Correct: 74

42. Research on facial expression abilities of those diagnosed with schizophrenia and controls suggests that

*A. most people diagnosed with schizophrenia show less range of facial expressions than the controls.

B. most controls show less range of facial expressions than people diagnosed with schizophrenia.

C. unexpectedly, there were no differences in facial expression ranges between the two groups.

D. those diagnosed with schizophrenia either show more expression (AST) or less expression (EDT) than controls.

% Correct: 64

43. What does the "biopsychosocial model" of abnormal behavior mean?

A. Each disorder depends on either biological, psychological, or social problems.

*B. Disorders result from a combination of biological, psychological, and social problems.

C. Someone who has a biological disorder can overcome it by psychological and social interventions.

D. Biological interventions can overcome psychological or social problems.

% Correct: 94

44. Which of these is an important criticism of the DSM?

A. It tells therapists exactly how to treat each disorder.

B. It requires therapists to perform lab tests before diagnosing a client.

C. It draws too few distinctions among disorders.

*D. It labels too many people as having a mental disorder.

% Correct: 36

45. Your early encounters and genetic predispositions are both part of the _____ in the diathesis-stress model of mental disorders.

A. contributions outside of diathesis

B. extenuating circumstances

C. stress

*D. diathesis

% Correct: 47

46. Deinstitutionalization (the discharge of many patients from mental hospitals) often turned out to be disadvantageous. Why?

A. Large mental hospitals provide greater benefits than community mental health centers.

B. Community mental health centers are more expensive than mental hospitals.

C. Most discharged mental patients are dangerous to themselves and to others.

*D. Many places don't provide adequate alternative forms of care.

% Correct: 71

47. Which of these does 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 his/her mother or other adult

% Correct: 65

48. In the heritability of traits formula, if a trait isn't primarily from the shared environment of siblings, and it's not from genetics, the trait is primarily from what developmental psychologists call

A. the grandparents.

B. internal thoughts.

*C. the non-shared environment.

D. behavioral experiences.

% Correct: 93

49. In simplified terms, hypnosis is just a condition of

A. subconscious perceptual activation.

B. a lack of brain activity.

*C. increased suggestibility.

D. the observer—in other words, hypnosis doesn't really exist.

% Correct: 83

50. Martin Seligman's work on learned helplessness in dogs has been tied to what disorder?

A. substance abuse

B. generalized anxiety disorder

*C. depression

D. schizophrenia

% Correct: 85

Final Exam

1. Psychology began to emerge as a scientific approach to the mind in the mid to early

A. 1600's.

- B. 1700's.
 - *C. 1800's.
 - D. 1900's.
- % Correct: 69

2. Ivan Pavlov was a pioneer in the study of
- A. operant conditioning.
 - B. social-learning theory.
 - C. behavior modification.
 - *D. classical conditioning.
- % Correct: 82

3. In categorization research, most researchers measure _____ when determining how "typical" we think an item is in that category.
- *A. the speed of response to yes/no category questions
 - B. the number of category features someone can list about an item
 - C. level of neural activity
 - D. people's level of eye dilation and perspiration
- % Correct: 77

4. The manual used to categorize and describe different mental health issues—at least in the United States—is the _____.
- A. APA
 - B. ICCP
 - C. MMPI
 - *D. DSM
- % Correct: 76

5. Sigmund Freud's theory of personality is an example of a _____ theory.
- A. functional
 - B. Gestalt
 - C. humanistic
 - *D. psychodynamic
- % Correct: 28

6. For most of us, the two hemispheres of our brain divvy up
- A. primarily sensory and motor activity done on sides of the body.
 - B. primarily specific tasks that different hemispheres of our lobes are responsible for (e.g. language).
 - *C. both specific tasks and the different sensory and motor activity done by both sides of the body.
 - D. the same information so both sides can process the information and we can "check our work" (James).
- % Correct: 78

7. An average IQ score on the Wechsler Scales is _____.
- A. 0
 - B. 10
 - *C. 100
 - D. 1000
- % Correct: 48

8. Most of BF Skinner's early studies on pigeons and rats were on what is now called a _____ schedule of reinforcement.
- A. fixed ratio
 - B. variable ratio

C. differential reinforcement of low rates

*D. continuous

% Correct: 11* (bad question)

9. Stimulus detection research examines how/when

A. we can detect the synchrony of two different stimuli activating different sensory organs.

B. individual differences emerge as we age and encounter different stimuli.

*C. we can detect very low levels of a stimulus.

D. we learn to look for specific stimuli in learning environments.

% Correct: 15* (bad question)

10. Rooting of babies is an example of a

*A. reflex.

B. instinct.

C. learned response.

D. taxis.

% Correct: 29

11. Experimental psychopathologists are different than psychotherapists primarily because they

A. base their conclusions on research.

*B. don't often "treat" patients/clients.

C. train in many different approaches to psychotherapy.

D. get a Master's degree instead of a PhD.

% Correct: 8* (bad question)

12. Taste aversion learning in rats and other species has highlighted the need to consider _____ when studying the concept of learning.

A. latent learning

*B. preparedness of species

C. delays in early exposures

D. inner dialogue of all species

% Correct: 88

13. Things like the Ames Room, Ponzo Illusion, and Moon Illusion all highlight the need for the _____ if we want to truly understand how we perceive stimuli.

A. ecological view of perception

*B. constructivist view of perception

C. inner monologue of individuals

D. previous encounters of individuals

% Correct: 81

14. Which is NOT a way that we shape our environment that can eventually influence the development of individual differences?

A. evocation on our environment

*B. learning from experiences

C. selection of our environments

D. transformation of the information (cognitive)

% Correct: 70

15. Though we have detected activity in other areas of the brain when people recall different types of memories, most researchers still conclude that the vast majority of our semantic memories are accessed through activity in the _____ of our brain.

A. corpus callosum

- B. thalamus
 - C. hypothalamus
 - *D. hippocampus
- % Correct: 86

16. You move into a new apartment, and your roommate tells you the neighbor across the hall is rude and unfriendly. The first time you meet your neighbor, you are somewhat rude and unfriendly, and she behaves in an unfriendly way in return. Your behavior illustrates

- A. discrimination.
- *B. a self-fulfilling prophecy.
- C. self-handicapping.
- D. the door-in-the-face effect.

% Correct: 90

17. Our earliest theory of color vision suggested that we might just need _____ types of cells in our eyes to detect the entire color visual spectrum that humans can detect.

- A. 2
- *B. 3
- C. 10
- D. 100

% Correct: 85

18. Solomon Asch measured conformity in his research by running different derivations of his famous "line study." This line study asked people to

- A. bud in line.
- B. let someone get in front of them in a long line.
- *C. estimate the length of lines.
- D. draw lines based on the instructions of an "authority figure."

% Correct: 89

19. Which of the following do researchers generally regard as desirable?

- A. illusory correlations
- B. selective attrition
- C. demand characteristics
- *D. falsifiable theories

% Correct: 63

20. 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: 21

21. Which of the following is NOT one of the Gestalt Principles?

- A. continuation
- B. proximity
- C. closure
- *D. effort

% Correct: 60

22. Which of the following processing and encoding techniques helps retain the most information over time?

- A. cuing
 - B. rote rehearsal
 - *C. organization
 - D. elaboration
- % Correct: 46

23. For all of our senses to exist, we first need to convert the stimuli in our environment into a neural message. This process is called

- A. completion.
- B. integration.
- C. aspersion.
- *D. transduction.

% Correct: 40

24. In one of our classes, we discussed a famous story entitled "The War of the Ghosts." This story was discussed because it was used in several studies to examine how

- A. emotions impact perception.
- *B. our memory of events is constructed.
- C. false beliefs shape our ability to believe new information.
- D. bottom-up processing impacts our ability to hear new names.

% Correct: 51

25. The areas associated with vision in your brain are both primarily located in the _____ lobe.

- A. frontal
- B. parietal
- C. temporal
- *D. occipital

% Correct: 87

26. The ecological perspective on vision would suggest that

- *A. all we need to perceive what we see is the content of the stimuli in front of us.
- B. memory and motivation are critical in our determination of what we see.
- C. memory and emotions are critical in our determination of what we see.
- D. memory and expectations are critical in our determination of what we see.

% Correct: 65

27. As opposed to a preattentive process, an attentive or "top-down" process is necessary for

- A. detecting the one tilted object among a set of straight ones.
- B. finding the one green apple among many red ones.
- *C. finding a misspelled word on a printed page, among many others spelled correctly.
- D. noticing something that starts to move, among many stationary objects.

% Correct: 77

28. Newborns must first pick up on the _____ of their common language(s) before they can advance to learning other elements of language.

- A. syntax
- *B. phonemes
- C. morphemes
- D. semantics

% Correct: 74

29. Though recent research has questioned how universal they are, early research on universal emotions suggested that we have ___ universal emotions that we can all express and detect in others.

*A. 6
B. 8
C. 10
D. 12
% Correct: 90

30. For training to take place in classical conditioning, a ____ must first be presented, then a _____ must follow.
A. unconditioned stimulus; conditioned stimulus
*B. conditioned stimulus; unconditioned stimulus
C. unconditioned response; conditioned response
D. conditioned response; unconditioned response
% Correct: 39

31. Trait researchers focus their attention on the importance of the ____ in the formula that attempts to explain human behavior.
A. B
*B. P
C. f
D. E
% Correct: 37

32. Which statement about the “Big Five” traits is false?
A. they all contain different facets within them that we can measure
B. they are thought to be trait levels that we can measure in everyone
C. they are separated into the traits of conscientiousness, agreeableness, neuroticism, openness to experience, and extraversion
*D. they are universal and thus can be measured the same way across all cultures
% Correct: 82

33. What is a neurotransmitter?
A. a machine that measures brain waves
*B. a chemical that travels from one neuron to another
C. a drug that produces hallucinations
D. an ionized chemical bound to the nucleus of a cell
% Correct: 64

34. Birth order effects have been tied to all BUT which of the following?
A. the trait of conscientiousness
B. intelligence
C. the trait of openness to experience
*D. closeness to the primary caregivers
% Correct: 56

35. At what age to children typically start identifying gender related differences and preferences for genders?
A. 1
*B. 2
C. 4
D. 6
% Correct: 84

36. In Piaget’s theory of cognitive development, we all think “like adults” when we
A. get into the concrete operational stage of development.
B. complete the concrete operational stage of development.

C. get into the formal operational stage of development.
*D. complete the formal operational stage of development.
% Correct: 46

37. This specific question is an example of a _____ test of memory.
*A. recognition
B. cued recall
C. free recall
D. savings
% Correct: 98

38. Albert Bandura's famous "Bobo Doll" experiment highlighted the importance of _____ when studying how learning works.
*A. vicarious learning
B. emotions
C. familiarity
D. accessing thoughts and emotions
% Correct: 72

39. Someone who supports the position of determinism believes that
A. people can change their own behavior if they try hard enough.
B. the development of behavior depends more on the environment than on genetics.
*C. every behavior has a cause.
D. the only way to find out why people act as they do is simply to ask them.
% Correct: 67

40. In judgment making _____ approaches tend to get us to an answer to a problem faster.
A. algorithm
B. maximizing
C. minimizing
*D. heuristic
% Correct: 42

41. Ebbinghaus used nonsense syllables in his experiments on memory because nonsense syllables are
A. highly interesting.
B. immune to interference effects.
*C. unfamiliar.
D. easy to remember.
% Correct: 66

42. Which part of your nervous system increases digestion and other non-emergency functions?
*A. parasympathetic nervous system
B. sympathetic nervous system
C. corpus callosum
D. peripheral nervous system
% Correct: 54

43. Thermoregulation and thirst drives both suggest the importance of _____ in several of our basic motivations.
A. novelty
B. asymmetry
*C. homeostasis
D. markers
% Correct: 81

44. In most experimental tests, we compare the _____ of groups over some measure of variability to determine statistically significant differences.

- A. standard deviations
- B. standard errors
- *C. means
- D. normalized correlations

% Correct: 60

45. 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: 78

46. Sunk cost effects specifically get us to _____ something we have already invested in.

- *A. overvalue
- B. undervalue
- C. dislike more easily
- D. like more easily

% Correct: 74

47. The ____ of a neuron is designed for receiving information from adjacent neurons or stimuli in the environment.

- A. axon
- *B. dendrite
- C. cell body
- D. synapse

% Correct: 83

48. Which sibling group often has more in common across almost all characteristics?

- A. dizygotic twins
- B. siblings
- C. adopted siblings
- *D. monozygotic twins

% Correct: 84

49. Chunking is a technique that can immediately help us increase our

- A. sensory store.
- B. speed to which we process new stimuli.
- *C. short-term memory capacity for new information.
- D. long-term memory capacity for past information.

% Correct: 67

50. If you force yourself to smile right now while reading this question—research would suggest that

- A. your mood won't really change.
- *B. you will briefly be happier.
- C. you will briefly be angrier.
- D. you will briefly be sadder.

% Correct: 73