

1. Professor Lewis studies the history of psychology. She would most likely agree with which of the following statements about psychology's early history?
  - A) From its inception, psychology has always focused on the study of people who exhibit unusual behaviors or suffer from psychological disorders.
  - B) Early psychologists disagreed about many issues including which methods psychologists should use and what kinds of behavior psychologists should study.
  - C) All the early schools of psychology shared the common view that psychology should be the study of immediate conscious experience.
  - D) The methods, definition, and scope of psychology have remained unchanged since psychology was founded in the nineteenth century.
  
2. Psychology is formally defined as the scientific:
  - A) study of mental processes in human and nonhuman animals.
  - B) study of the cause and treatment of mental illness.
  - C) study of behavior and mental processes.
  - D) investigation of unconscious mental processes.
  
3. Which famous Greek philosopher wrote extensively about psychological topics such as sleep and dreaming, the senses, memory, and learning?
  - A) Aristotle
  - B) Descartes
  - C) Calkins
  - D) James
  
4. In thinking about psychology and consciousness, the idea that the mind and the body are separate entities that interact makes a lot of sense to you. This view is most like the view of:
  - A) Aristotle.
  - B) Descartes.
  - C) Watson.
  - D) Skinner.
  
5. French philosopher René Descartes:
  - A) strongly opposed the idea of establishing psychology as a separate science.
  - B) promoted a doctrine called interactive dualism.
  - C) was the first of Wundt's students to receive a doctorate in psychology.
  - D) was a philosopher who wrote extensively about topics such as sleep, dreams, the senses, and memory more than 2,000 years ago.

6. Interactive dualism is the idea that:
- A) all living organisms must interact and perform dual functions to survive.
  - B) most severe mental disorders, such as schizophrenia, involve a splitting of the mind.
  - C) mind and body are separate entities that interact to produce conscious experiences.
  - D) people with very diverse qualities and beliefs are most likely to be attracted to each other.
7. Which of the following statements is TRUE?
- A) The Greek philosopher Aristotle first defined psychology as the “scientific study of behavior and mental processes.”
  - B) In contemporary psychology, the nature–nurture issue explores the influence of heredity versus the influence of environmental factors on behavior.
  - C) The mind-body issue has now been settled and psychologists no longer explore the relationship between mental activity and the brain.
  - D) The principle of interactive dualism was formulated by Aristotle more than 2,000 years ago.
8. For centuries, philosophers debated which was more important: the inborn \_\_\_\_\_ of the individual or the environmental influences that \_\_\_\_\_ the individual.
- A) nature; nurture
  - B) nurture; naturalize
  - C) dualism; condition
  - D) monism; condition
9. Which of the following fields had the greatest impact on the emergence of psychology as a separate scientific discipline?
- A) history
  - B) mathematics
  - C) physics
  - D) physiology
10. \_\_\_\_\_ is a branch of biology that studies the functions and parts of living organisms, including humans.
- A) Neuroscience
  - B) Interactive dualism
  - C) Comparative psychology
  - D) Physiology

11. Physiology is:
- A) a branch of biology that studies the functions and parts of living organisms, including humans.
  - B) the scientific discipline founded by Wilhelm Wundt.
  - C) a branch of philosophy that studies interactive dualism.
  - D) sometimes referred to as the “third force” in American psychology.
12. How did physiology contribute to the emergence of psychology as a separate scientific discipline?
- A) In defining the boundaries of their science, physiologists rejected the study of mental processes and behavior.
  - B) Physiologists in the late nineteenth century proposed that psychology should be a separate subdiscipline of philosophy.
  - C) Physiologists demonstrated that scientific methods could be applied to understanding human behavior and mental processes.
  - D) Physiologists in the late nineteenth century were unable to apply scientific methods to the study of human behavior and thinking, and consequently psychology was no longer part of that discipline.
13. Wilhelm Wundt investigated which of the following phenomena?
- A) the nature versus nurture issue and interactive dualism
  - B) fundamental psychological processes, such as mental reaction times in response to visual and auditory stimuli
  - C) mental disorders and abnormal behavior
  - D) damaged areas of the human brain
14. Wilhelm Wundt:
- A) was a German physiologist who established the first psychology research laboratory at the University of Leipzig.
  - B) was a French philosopher who proposed the idea of interactive dualism.
  - C) is credited with the discovery of unconscious mental processes.
  - D) was an Austrian physician who founded the psychoanalytic school of psychology.
15. Wilhelm Wundt outlined the connections between physiology and psychology in:
- A) his famous textbook titled *Principles of Physiological Psychology*, published in 1874.
  - B) a series of famous lectures at Clark University in 1909.
  - C) a public debate with William James at Harvard University.
  - D) his famous book *Principles of Psychology*, published in two volumes in 1890.

16. Which of the following events do most historians consider to mark the formal beginning of psychology as a scientific discipline?
- A) Aristotle's landmark essay in 335 B.C., entitled "De Anima"
  - B) the 1924 publication of John Watson's book, entitled *Behaviorism*
  - C) the establishment of the first psychology research laboratory by Wilhelm Wundt in 1879
  - D) Sigmund Freud's discovery of the unconscious mind in the early twentieth century
17. Wilhelm Wundt defined psychology as:
- A) a new branch of physiology.
  - B) the study of the behavior of humans and other animals.
  - C) a branch of philosophy, not of science.
  - D) the study of consciousness with an emphasis on the use of experimental methods to study and measure consciousness.
18. \_\_\_\_\_ opened the first psychology laboratory in \_\_\_\_\_.
- A) Sigmund Freud; 1904
  - B) William James; 1890
  - C) Edward B. Titchener; 1892
  - D) Wilhelm Wundt; 1879
19. At which university was the very first psychology research laboratory established?
- A) Johns Hopkins University
  - B) Harvard University
  - C) University of Leipzig
  - D) Cornell University
20. Which of the following was the first "school" of thought or approach in psychology?
- A) structuralism
  - B) functionalism
  - C) behaviorism
  - D) psychoanalysis
21. Which early approach or "school" of psychology is associated with Wilhelm Wundt's student Edward Titchener?
- A) behaviorism
  - B) humanistic psychology
  - C) functionalism
  - D) structuralism

22. More so than any other male psychologist at that time, \_\_\_\_\_ helped female students attain their psychology doctorate in his graduate program at Cornell University.
- A) G. Stanley Hall
  - B) Francis C. Sumner
  - C) William James
  - D) Edward Titchener
23. The early psychological school called structuralism emphasized the study of:
- A) habits and adaptive behavior.
  - B) physiology.
  - C) the relative importance of nature versus nurture.
  - D) the elemental components of sensations, feelings, and conscious experience.
24. "What are the most basic units or structures of consciousness?" This is a question that would most likely be of interest to a follower of:
- A) humanism.
  - B) behaviorism.
  - C) functionalism.
  - D) structuralism.
25. You are a subject in an experiment and you are told: "Look at this apple very carefully and tell me your exact sensations and feelings as you experience them." The experimenter in this study probably believes in what school of psychology?
- A) psychoanalysis
  - B) functionalism
  - C) structuralism
  - D) behaviorism
26. As a subject in an experiment, you are told to look at a coffee mug carefully and then report all your sensations and feelings about the coffee mug after viewing it. What psychological technique have you been told to use?
- A) psychoanalysis
  - B) introspection
  - C) interactive dualism
  - D) natural selection

27. Structuralism:
- A) promoted the use of nonhuman animals to study brain functions.
  - B) ended when Descartes demonstrated that the brain consisted of more than one structure.
  - C) was based on the idea that even our most complex conscious experiences could be broken down into basic mental “structures” of sensations and feelings.
  - D) contended that basic human thoughts are contained in common genetic structures that are passed from generation to generation.
28. Which early school of psychology relied on a method called introspection?
- A) functionalism
  - B) humanistic psychology
  - C) behaviorism
  - D) structuralism
29. Which of the early schools of psychology was the first to disappear?
- A) psychoanalysis
  - B) functionalism
  - C) behaviorism
  - D) structuralism
30. What was NOT a criticism of introspection as a technique?
- A) It was an unreliable method since different participants often provided different reports about the same stimulus.
  - B) Introspection revealed unconscious conflicts rather than conscious experiences.
  - C) Introspection could not be used to study children or animals.
  - D) A number of topics, including learning, development, and mental disorders, could not be studied using this technique.
31. \_\_\_\_\_ is to structuralism as \_\_\_\_\_ is to functionalism.
- A) Wilhelm Wundt; Edward Titchener
  - B) William James; Mary Whiton Calkins
  - C) Edward Titchener; William James
  - D) Mary Whiton Calkins; Wilhelm Wundt

32. One important limitation of introspection as a research method was that introspection:
- A) could not be used to study behavior in children or animals.
  - B) could be used only to study the behavior of people in groups.
  - C) emphasized unconscious mental processes rather than conscious mental processes.
  - D) was appropriate only as a method to study complex topics, such as learning, development, and personality.
33. Scientists in the nineteenth century who believed that species had not been created once and for all but had changed over time were called:
- A) introspectionists.
  - B) structuralists.
  - C) evolutionists.
  - D) behaviorists.
34. \_\_\_\_\_ wrote *On the Origin of Species*, which was published in \_\_\_\_\_.
- A) Charles Darwin; 1859
  - B) Margaret Floy Washburn; 1908
  - C) William James; 1890
  - D) Sigmund Freud; 1909
35. Which of the following people played a key role in establishing psychology as a scientific discipline in the United States?
- A) William James
  - B) Sigmund Freud
  - C) B. F. Skinner
  - D) Abraham Maslow
36. It took more than ten years to write and was 1,400 pages long when it was published. Who wrote the landmark textbook *Principles of Psychology*?
- A) John B. Watson
  - B) Margaret Floy Washburn
  - C) B. F. Skinner
  - D) William James

37. "I believe that consciousness should be studied to help us understand the adaptive and practical functions of human behavior." Such a statement is most likely to have been made by:
- A) William James.
  - B) Sigmund Freud.
  - C) B. F. Skinner.
  - D) John B. Watson.
38. Which early school of psychology examined how psychology could be applied to education, child rearing, and the work environment?
- A) structuralism
  - B) behaviorism
  - C) psychoanalysis
  - D) functionalism
39. Which school of psychology would agree that "psychology should stress the study of how behavior and mental processes allow people and animals to adapt to their environments"?
- A) structuralism
  - B) behaviorism
  - C) functionalism
  - D) psychoanalysis
40. *Both* structuralists and functionalists agreed that:
- A) psychology should focus not on the study of conscious experience, but rather on the investigation of observable behaviors.
  - B) psychologists should directly observe the behaviors of animals in natural settings.
  - C) psychology should study conscious experience.
  - D) psychological findings should be applied to areas like education, mental illness, health, and child rearing.
41. Who made this statement: "Now the *immediate* fact which psychology, the science of mind, has to study is also the most general fact. It is the fact that in each of us, when awake (and often when asleep), *some kind of consciousness is always going on.*"
- A) John B. Watson
  - B) William James
  - C) B. F. Skinner
  - D) Mary Whiton Calkins



42. Who was the first person to be awarded a Ph.D. in psychology in the United States?
- A) B. F. Skinner
  - B) John B. Watson
  - C) Francis C. Sumner
  - D) G. Stanley Hall
43. Which of the following psychologists founded the American Psychological Association and established the first journal devoted to psychology in the United States?
- A) William James
  - B) G. Stanley Hall
  - C) John B. Watson
  - D) Mary Whiton Calkins
44. Which of the following statements about Mary Whiton Calkins is FALSE?
- A) Calkins was the first woman president of the American Psychological Association.
  - B) Calkins conducted research on dreams, memory, and personality.
  - C) Calkins established one of the first psychology laboratories in the United States.
  - D) Calkins founded behaviorism as one of the early schools of psychology.
45. Which one of the following statements about Mary Whiton Calkins is TRUE?
- A) She was the first woman to study with Wilhelm Wundt and receive a Ph.D. in psychology from Leipzig University.
  - B) She was the first woman president of the American Psychological Association and conducted research on dreams, memory, and personality.
  - C) In 1908 she published an influential textbook titled *The Animal Mind*.
  - D) She was a comparative psychologist who conducted groundbreaking research on the giant panda.
46. Who was the first woman to be elected president of the American Psychological Association?
- A) Margaret Floy Washburn
  - B) Francis C. Sumner
  - C) Mary Whiton Calkins
  - D) Rebecca Snyder

47. Why was Mary Whiton Calkins denied the Ph.D. degree she had earned in her graduate studies of psychology at Harvard University?
- A) Her research was in an area called comparative psychology that was not recognized as a legitimate part of scientific psychology at Harvard University at the time.
  - B) At the time, Harvard University forbade the use of nonhuman animals in psychology research.
  - C) William James was opposed to opening the field of psychology to women and refused to support her application, despite the fact that she was his most brilliant student.
  - D) She was a woman, and at the time Harvard was not a coeducational institution.
48. Both Mary Whiton Calkins and Margaret Floy Washburn:
- A) studied psychology at Wellesley College and Harvard University.
  - B) were students of G. Stanley Hall.
  - C) were elected president of the American Psychological Association.
  - D) were students of Francis C. Sumner.
49. The first U.S. woman to be awarded a Ph.D. in psychology was:
- A) Mary Whiton Calkins.
  - B) Margaret Floy Washburn.
  - C) Renee Descartes.
  - D) Francis C. Sumner.
50. Which of the following early psychologists wrote *The Animal Mind* and strongly advocated the scientific study of the mental processes of different animal species?
- A) Margaret Floy Washburn
  - B) John B. Watson
  - C) Mary Whiton Calkins
  - D) Edward B. Titchener
51. The first African American to receive a Ph.D. in psychology in the United States was:
- A) Francis C. Sumner.
  - B) Abraham Maslow.
  - C) G. Stanley Hall.
  - D) Margaret Floy Washburn.

52. Which of the following statements about Francis C. Sumner is TRUE?
- A) He was the first African American president of the American Psychological Association.
  - B) He was the first person to be awarded a Ph.D. in psychology in the United States.
  - C) He was denied the Ph.D. degree he had earned in his graduate studies at Harvard University because he was African American.
  - D) He chaired the Psychology Department at Howard University and was the first African American to receive a Ph.D. in psychology in the United States.
53. The founder of psychoanalysis was:
- A) American psychologist B. F. Skinner.
  - B) American psychologist Carl Rogers.
  - C) German psychologist Wilhelm Wundt.
  - D) Austrian physician Sigmund Freud.
54. Psychoanalysis emphasizes:
- A) unconscious causes of behavior.
  - B) overt behavior and principles of learning.
  - C) psychological growth and conscious experience.
  - D) the perception of whole figures.
55. Who would have been most likely to say: "You behave the way you do for unconscious reasons, not because of reasons in your consciousness"?
- A) William James
  - B) John B. Watson
  - C) Sigmund Freud
  - D) G. Stanley Hall
56. Sigmund Freud:
- A) believed that experiences in early childhood were critical in the formation of adult personality.
  - B) promoted functionalism during his lecture series at Clark University in 1909.
  - C) stated that psychology should be the study of overt measurable behavior, especially as it pertains to learning.
  - D) founded humanistic psychology.

57. Your therapist is very interested in your dreams, blocked memories, and slips of the tongue. On which approach to psychology is your therapist probably basing his psychotherapy?
- A) structuralism
  - B) psychoanalysis
  - C) behaviorism
  - D) functionalism
58. After attending a series of lectures by Freud at Clark University in 1909, \_\_\_\_\_ described Freud as “a man obsessed with fixed ideas.”
- A) Francis C. Sumner
  - B) G. Stanley Hall
  - C) Mary Whiton Calkins
  - D) William James
59. Sigmund Freud:
- A) refused to visit the United States but lectured extensively at universities throughout Europe and the Mediterranean.
  - B) trained Carl Rogers in the use of scientific methods to study the unconscious mind.
  - C) promoted the importance of the nature versus nurture issue and interactive dualism in understanding human behavior.
  - D) delivered a series of lectures on psychoanalysis at Clark University in Massachusetts in the early 1900s.
60. \_\_\_\_\_ is to psychoanalysis as \_\_\_\_\_ is to humanistic psychology.
- A) Freud; James
  - B) Skinner; Calkins
  - C) Freud; Rogers
  - D) Maslow; Pavlov
61. Conscious experiences are to unconscious experiences as \_\_\_\_\_ is to \_\_\_\_\_.
- A) B. F. Skinner; Abraham Maslow
  - B) Carl Rogers; Sigmund Freud
  - C) Wilhelm Wundt; John B. Watson
  - D) William James; Wilhelm Wundt

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

67. Who made the statement “Behaviorism, on the contrary, holds that the subject matter of human psychology *is the behavior of the human being*. Behaviorism claims that consciousness is neither a definite nor a usable concept. The behaviorist, who has been trained always as an experimentalist, holds, further, that belief in the existence of consciousness goes back to the ancient days of superstition and magic.”
- A) Abraham Maslow
  - B) Edward B. Titchener
  - C) Francis C. Sumner
  - D) John B. Watson
68. “My goal is to discover how behavior is acquired and modified in response to environmental influences.” Of the following individuals, who is most likely to have made such a statement?
- A) John B. Watson
  - B) William James
  - C) Sigmund Freud
  - D) Carl Rogers
69. Who conditioned dogs to reflexively salivate at the sound of a bell, even in the absence of food?
- A) American psychologist Margaret Washburn
  - B) Russian physiologist Ivan Pavlov
  - C) Austrian physician Sigmund Freud
  - D) American psychologist B. F. Skinner
70. Key figures in the development of behaviorism include:
- A) Wundt, Titchener, and James.
  - B) James, Watson, and Calkins.
  - C) Maslow, Freud, and Rogers.
  - D) Watson, Pavlov, and Skinner.
71. With which behaviorist would you associate the procedures of reinforcement and punishment for shaping the behavior of rats and pigeons?
- A) Ivan Pavlov
  - B) Abraham Maslow
  - C) B. F. Skinner
  - D) William James

72. Which of the following approaches dominated American psychology for the first half of the twentieth century?
- A) structuralism
  - B) functionalism
  - C) behaviorism
  - D) psychoanalysis
73. Two key figures in the development of humanistic psychology include:
- A) Abraham Maslow and Carl Rogers.
  - B) Sigmund Freud and B. F. Skinner.
  - C) Mary Calkins and Margaret Floy Washburn.
  - D) John B. Watson and B. F. Skinner.
74. Which of the following people developed a theory of motivation that emphasized psychological growth?
- A) John B. Watson
  - B) Abraham Maslow
  - C) G. Stanley Hall
  - D) Ivan Pavlov
75. Which of the following people emphasized conscious experiences and each person's unique potential for psychological growth and self-direction?
- A) Carl Rogers
  - B) B. F. Skinner
  - C) Sigmund Freud
  - D) John B. Watson
76. Which of the following approaches was referred to as the “third force” in American psychology?
- A) psychoanalysis
  - B) functionalism
  - C) humanistic psychology
  - D) cognitive psychology
77. Humanistic psychology emphasized:
- A) the physical bases of human and animal behavior, including the nervous system.
  - B) the experimental study of overt, observable behaviors.
  - C) unconscious determinants of personality and behavior.
  - D) free will, self-determination, psychological growth, and human potential.

78. Humanistic psychology was called the “third force” because it:
- A) provided an alternative viewpoint to the two approaches that were dominant at the time, behaviorism and psychoanalysis.
  - B) was based upon the belief that there were three forces that motivated all human behavior.
  - C) proposed that there were three methods that could be used to scientifically study human behavior.
  - D) was composed of three separate branches, or schools.
79. In recent decades, increased interest in the \_\_\_\_\_ perspective has occurred due to the development of new drugs for psychological disorders and the development of new techniques to study the human brain.
- A) psychodynamic
  - B) behavioral
  - C) cognitive
  - D) biological
80. The \_\_\_\_\_ perspective emphasizes studying the physical bases of human and animal behavior, including the nervous system, endocrine system, immune system, and genetics.
- A) psychodynamic
  - B) humanistic
  - C) behavioral
  - D) biological
81. Dr. Professor has used a relatively new technique called the fMRI scan to examine changes in the brain that occur with age. Dr. Professor most likely subscribes to the \_\_\_\_\_ perspective of psychology.
- A) biological
  - B) psychodynamic
  - C) behavioral
  - D) humanistic
82. Neuroscience refers to:
- A) the application of evolutionary principles to explain behavior and psychological processes.
  - B) the study of psychological growth, self-determination, and choice in human behavior.
  - C) the study of the nervous system, especially the brain.
  - D) the application of fundamental learning principles to human and animal behavior.



83. The development of techniques such as PET, MRI, and fMRI scans to study the structure and function of the brain has enhanced the work of psychologists in the \_\_\_\_\_ perspective of psychology.
- A) behavioral
  - B) biological
  - C) psychodynamic
  - D) humanistic
84. Dr. Jackson is interested in how stress affects the brain and examines PET scans of individuals before and after stressful situations. Dr. Jackson's approach is part of the \_\_\_\_\_ perspective.
- A) behavioral
  - B) cross-cultural
  - C) biological
  - D) psychodynamic
85. The \_\_\_\_\_ perspective of psychology emphasizes the importance of unconscious influences and early life experiences in explaining the underlying dynamics of behavior.
- A) cognitive
  - B) positive psychology
  - C) humanistic
  - D) psychodynamic
86. Dr. Ramen believes that, in order to effectively treat his clients' psychological disorders, it is essential to understand his clients' early life experiences. Dr. Ramen takes the \_\_\_\_\_ perspective in psychological treatment.
- A) behavioral
  - B) biological
  - C) psychodynamic
  - D) humanistic
87. Even though Dr. Castro does not agree with Freud's psychoanalytic approach, she still thinks that unconscious processes and interpersonal relationships are critical to explaining human behavior. Thus, Dr. Castro follows the \_\_\_\_\_ perspective in psychology.
- A) behavioral
  - B) biological
  - C) psychodynamic
  - D) humanistic

88. Freud's landmark theory of psychoanalysis became the basis for which perspective in contemporary psychology?
- A) cognitive
  - B) psychodynamic
  - C) humanistic
  - D) cross-cultural
89. In contemporary psychology, the psychodynamic perspective, the behavioral perspective, and the humanistic perspective:
- A) are often emphasized among psychologists working in the mental health field.
  - B) are considered pseudosciences.
  - C) have been combined to form a new major perspective in modern psychology called comparative psychology.
  - D) focus on how people process and remember information, develop language, solve problems, and think.
90. Watson and Skinner's contentions that psychology should focus on observable behaviors to discover the fundamental laws of learning form the basis of which major perspective in contemporary psychology?
- A) cognitive
  - B) biological
  - C) humanistic
  - D) behavioral
91. According to the \_\_\_\_\_ perspective, psychologists should investigate only overt, observable behavior and should not concern themselves with internal mental processes that cannot be precisely observed and measured.
- A) behavioral
  - B) biological
  - C) evolutionary
  - D) cross-cultural
92. Discovering the fundamental laws of learning through studying observable behavior is a focus of the \_\_\_\_\_ perspective of psychology.
- A) cognitive
  - B) humanistic
  - C) behavioral
  - D) cross-cultural

93. Dr. Barongon is a psychotherapist who emphasizes the importance of choices and self-direction to his clients so that they can strive to reach their fullest potential. Dr. Barongon subscribes to the \_\_\_\_\_ perspective of psychology.
- A) cross-cultural
  - B) psychodynamic
  - C) cognitive
  - D) humanistic
94. John's therapist focuses on how interpersonal relationships have influenced John's self-concept. John's therapist likely takes which of the following perspectives in psychology?
- A) positive psychology
  - B) humanistic
  - C) evolutionary
  - D) cross-cultural
95. The positive psychology perspective is concerned primarily with:
- A) helping people of all ages adjust, adapt, and cope with personal and interpersonal problems in such diverse areas as relationships, work, education, marriage, child rearing, and aging.
  - B) the role of psychological factors in the development, prevention, and treatment of illness and developing ways of promoting health-enhancing behaviors.
  - C) the study of positive emotions and psychological states, positive individual traits, and the social institutions that foster positive qualities in individuals and communities.
  - D) studying the causes, diagnosis, treatment, and prevention of different types of behavioral and emotional disorders, such as anxiety, major depressive disorder, or eating disorders.
96. Which of the following perspectives in psychology seeks to counterbalance psychology's traditional emphasis on psychological problems and disorders?
- A) positive psychology
  - B) psychodynamic
  - C) evolutionary
  - D) cross-cultural

97. Theresa is attracted to a relatively new area of psychology that focuses on the conditions and processes that contribute to optimal functioning of people, groups, and institutions. She believes that psychology should be concerned with topics such as personal happiness, optimism, creativity, wisdom, and the institutions that foster these qualities in individuals and communities. Her views are most consistent with the \_\_\_\_\_ perspective in psychology.
- A) biological
  - B) behavioral
  - C) positive psychology
  - D) psychodynamic
98. The cognitive perspective of psychology focuses on:
- A) the important role of mental processes in how people process and remember information, develop language, solve problems, and think.
  - B) how overt behavior is acquired and modified by environmental influences.
  - C) the diversity of human behavior in different cultural settings and countries.
  - D) the motivation of people to grow psychologically, the influence of interpersonal relationships on a person's self-concept, and the importance of choice and self-direction in striving to reach one's potential.
99. Dr. Professor, who follows the \_\_\_\_\_ perspective, conceptualizes human thinking, memory, and perception in terms of an information-processing model.
- A) positive psychology
  - B) behavioral
  - C) biological
  - D) cognitive
100. During the 1960s, the movement away from traditional behaviorism and toward the study of how mental processes influence behavior was called:
- A) “the cognitive revolution” and was influenced by the development of the first computers.
  - B) the “third force” in American psychology.
  - C) the positive psychology perspective.
  - D) neuroscience and was influenced by the development of the first computers.

101. The term *cognitive revolution* refers to:
- A) the founding of humanistic psychology as the “third force” in psychology that strongly opposed psychoanalysis and behaviorism.
  - B) a renewed emphasis upon the study of mental processes, which represented a break from traditional behaviorism.
  - C) the discovery of the role played by neurotransmitters in the brain during complex behaviors.
  - D) the revolt of research participants against unethical practices and experiments, which led to new ethical standards in psychology.
102. As a psychology researcher, you have found that the public expression of emotions differs among people from the United States, Japan, Switzerland, and Israel. This type of research best fits which perspective in psychology?
- A) evolutionary
  - B) cross-cultural
  - C) cognitive
  - D) humanistic
103. Psychologists following the \_\_\_\_\_ perspective have investigated the diversity of human behavior in different countries and have discovered that some well-established psychological findings are not as universal as psychologists once thought.
- A) positive psychology
  - B) cross-cultural
  - C) evolutionary
  - D) cognitive
104. Which of the following statements best characterizes the principle of natural selection?
- A) If given ample social opportunities, each person will naturally select a mate with personality characteristics similar to his or her own.
  - B) Organisms that inherit characteristics that increase their chances of survival in their particular habitat are more likely to survive, reproduce, and pass on their characteristics to their offspring.
  - C) Natural selection is the consistent finding that when given an abundant and wide range of food choices, animals in the wild will naturally select a diet that supplies all the necessary nutrients.
  - D) Natural selection is the strong human tendency to socialize with people of the same ethnic group.

105. The evolutionary perspective in psychology:
- A) suggests that human behavior is best understood in terms of the individual capacity for growth, free will, and self-direction.
  - B) analyzes behavior in terms of its adaptive function, such as how it increases a species' chances to survive and reproduce.
  - C) is now regarded as nothing more than pseudoscience.
  - D) states that, to fully understand human behavior, you must understand how behavior varies among different cultures.
106. Psychologists who take the evolutionary perspective:
- A) believe that psychological processes that help individuals adapt to their environment also help them to survive, to reproduce, and to pass those abilities on to future generations.
  - B) study the physical, social, and psychological changes that occur over the lifespan.
  - C) investigate mental processes, including thinking, reasoning, problem solving, memory, perception, and language.
  - D) are concerned with the relationship between people and work.
107. Evolutionary psychology:
- A) emphasizes the sweeping changes in human behavior and psychological processes that have occurred in the last 100 years.
  - B) primarily concentrates on describing the cultural differences among racial and ethnic groups.
  - C) applies Darwin's theory about the role of natural selection to human psychological processes.
  - D) emphasizes that human behavior is best understood in terms of the individual capacity for growth, free will, and self-direction.
108. Research on social loafing demonstrated that European participants worked harder on a task when working alone, whereas Chinese participants worked harder on a task when they were part of a group. These results illustrate the importance of the \_\_\_\_\_ perspective in psychology.
- A) cross-cultural
  - B) cognitive
  - C) biological
  - D) humanistic

109. What is social loafing?
- A) the tendency to reduce normal grooming behavior, which is often seen among captive animals, especially primates
  - B) a scientist's tendency to reduce productive behavior after receiving an award or recognition
  - C) the term used to refer to the typical group behavior of college students during spring break
  - D) the tendency for people from individualistic cultures to exert more effort on a task when working alone than when working as part of a group
110. "I hate doing group projects in my classes," Hillary, an American student, complained. "When we do a group project, people just don't work as hard as they do when they are working alone." Hillary's observation reflects a psychological phenomenon called:
- A) an illusory correlation.
  - B) ethnocentrism.
  - C) social loafing.
  - D) random selection.
111. Which of the following is NOT a characteristic of collectivistic cultures?
- A) A person's identity is closely tied to the identity of a larger group, such as a family or work group.
  - B) The needs and goals of the group are valued over the needs and goals of the individual.
  - C) They are more commonly found in Asia, Africa, and South America than in North America and Europe.
  - D) The importance of self-reliance and individual achievement is emphasized more than the needs and goals of the group.
112. In contrast to collectivistic cultures, individualistic cultures tend to:
- A) value the needs and goals of the individual over the needs and goals of the group.
  - B) stress the interdependence of all people.
  - C) be less susceptible to cultural influences.
  - D) downplay individual abilities and achievements.
113. In collectivistic cultures, a person's sense of identity is:
- A) primarily determined by his or her outstanding accomplishments.
  - B) strongly influenced by the person's interdependent relationships with others, such as the person's family.
  - C) largely a matter of individual preferences and attitudes.
  - D) best characterized as independent, autonomous, and distinctive.

114. Approximately \_\_\_\_\_ of the world's population live(s) in \_\_\_\_\_.  
A) two-thirds; collectivistic cultures  
B) three-fourths; individualistic cultures  
C) half; China  
D) half; North America
115. Psychologist Harry Triandis said, "All cultures are simultaneously very similar and very different." What does Triandis mean by this statement?  
A) Because individuals are so different, cultures cannot be meaningfully studied or compared.  
B) People in different cultures share many fundamental human attributes and motives, yet people in each culture express these qualities and motives in different ways.  
C) Ethnocentrism is more prevalent in some cultures than in others.  
D) Members of individualistic cultures cannot understand members of collectivistic cultures.
116. In cross-cultural psychology, the term *culture* refers to:  
A) American music and art.  
B) the attitudes, values, beliefs, and behaviors shared by a group of people and communicated from one generation to another.  
C) the universal human motives and beliefs that are shared by all people.  
D) a colony of bacteria grown in the laboratory, typically in a small glass dish.
117. During her first trip abroad, Paula was surprised to find that people in other cultures ate such foods as snails, squid, insects, lizards, earthworms, and seaweed. "One day they will become civilized like us and eat normal foods like donuts, pizza, hot dogs, and hamburgers and fries," she e-mailed her parents. Paula's remarks reflect a tendency called:  
A) collectivism.  
B) ethnocentrism.  
C) expectancy effects.  
D) demand characteristics.
118. When Susan learned that infants in Mayan families in Guatemala often sleep in their mother's bed until the child is two or three years old, she expressed her surprise that the Mayan culture was so "backward" compared with American culture. Susan's views are a good example of \_\_\_\_\_ in action.  
A) comparative psychology  
B) demand characteristics  
C) ethnocentrism  
D) expectancy effects



119. Ethnocentrism refers to the tendency to:
- A) behave in accordance with cultural norms.
  - B) stress the importance of cross-cultural psychology.
  - C) use one's own culture as the standard for judging other cultures.
  - D) deny one's own ethnic heritage.
120. Which statement best characterizes the evolutionary perspective of psychology?
- A) Human behavior is best understood in terms of the individual capacity for growth, free will, and self-direction.
  - B) To fully understand human behavior, you must understand how behavior varies among different cultures.
  - C) Natural selection influences psychological processes.
  - D) Because medical and technological advances have evolved, the biological basis of behavior should be the primary focus of contemporary psychology.
121. Psychologists who take the evolutionary perspective assume that psychological processes are subject to the principle of:
- A) social loafing.
  - B) unconscious conflict.
  - C) collectivism.
  - D) natural selection.
122. One of the pie charts presented in Chapter 1 lists the specialty areas of psychologists who recently received their doctorate degrees. In this chart, which specialty area is represented most often?
- A) industrial and organizational psychology
  - B) school psychology
  - C) clinical psychology
  - D) biological psychology
123. One of the pie charts presented in Chapter 1 lists the primary employment settings for psychologists. According to the chart, what is the most common employment setting for psychologists?
- A) federal government agencies
  - B) for-profit organizations and self-employment
  - C) non-profit organizations
  - D) the American Psychological Association

124. One of the pie charts presented in Chapter 1 lists the specialty areas of psychologists who recently received their doctorate degrees. According to the chart, which specialty area is the most popular choice?
- A) counseling psychology
  - B) educational psychology
  - C) forensic psychology
  - D) clinical psychology
125. Dr. McNair has been studying the effects of different levels of estrogen hormones on mating behaviors in male and female hamsters. Dr. McNair is most likely a \_\_\_\_\_ psychologist.
- A) cognitive
  - B) developmental
  - C) biological
  - D) clinical
126. Joanna has suffered a series of personal setbacks, including the death of a family member, academic problems in college, and a divorce. She feels so sad, upset, and lonely that she is contemplating suicide. Joanna could probably best be helped by a(n) \_\_\_\_\_ psychologist.
- A) experimental
  - B) clinical
  - C) industrial/organizational
  - D) educational
127. Dr. Woods is studying the degree to which primates seem to display logic and insight in figuring out a variety of puzzles and other simple problems. Dr. Woods is most likely a(n) \_\_\_\_\_ psychologist.
- A) industrial/organizational
  - B) clinical
  - C) forensic
  - D) cognitive
128. Cognitive psychology focuses on the study of:
- A) mental processes, including reasoning and thinking, problem solving, memory, perception, mental imagery, and language.
  - B) children with special needs, such as autistic children or those suffering from learning disabilities.
  - C) how people are affected by their social environments.
  - D) the causes, diagnosis, treatment, and prevention of psychological disorders.

129. Lynn has just received a research grant to study the effect of downsizing on morale at a large computer company. Lynn is most likely a(n) \_\_\_\_\_ psychologist.
- A) cross-cultural
  - B) biological
  - C) industrial/organizational
  - D) personality
130. The specialty area of psychology that helps people of all ages adjust, adapt, and cope with personal and interpersonal problems in such diverse areas as relationships, work, education, marriage, child rearing, and aging is called:
- A) health psychology.
  - B) counseling psychology.
  - C) rehabilitation psychology.
  - D) forensic psychology.
131. Dr. Thang has been trained in counseling psychology and works in a community clinic as well as in private practice. She is most likely to:
- A) apply psychological principles and techniques to legal issues, such as the assessment and treatment of offenders, mental competency to stand trial, child custody, and eyewitness testimony.
  - B) study the nature of personality, including individual differences and the characteristics that make each individual unique.
  - C) help people of all ages adjust, adapt, and cope with personal and interpersonal problems in such diverse areas as relationships, work, education, marriage, and child rearing.
  - D) investigate psychological topics such as sensory and perceptual processes, learning, emotion, and motivation.
132. Dr. Kerrick has developed a training program for young children that will help the children learn to read at a quicker pace and with greater comprehension. What kind of psychologist is Dr. Kerrick?
- A) educational
  - B) personality
  - C) industrial/organizational
  - D) clinical

133. Dr. Jakel is a psychologist who studies basic topics in psychology, such as learning, memory, sensation, and perception. Dr. Jakel's area of specialization is \_\_\_\_\_ psychology.
- A) biological
  - B) experimental
  - C) personality
  - D) clinical
134. Professor Anderson is interested in how family relationships change over time. During the last two decades, he has kept track of and repeatedly surveyed the same group of 3,000 participants about changes in their relationships with their parents and siblings. Professor Anderson is most likely a \_\_\_\_\_ psychologist.
- A) forensic
  - B) health
  - C) rehabilitation
  - D) developmental
135. Dr. Meziere is giving a presentation on her research at the Annual Symposium of Health Psychologists. Which of the following is the most likely title for her presentation?
- A) "Improving Employee Morale in Unfavorable Working Conditions"
  - B) "The Possible Role of Cultural Factors in the Development of Schizophrenia and Depression"
  - C) "The Impact of Interpersonal Loss on Immune System Functioning"
  - D) "The Genetic Basis of Personality"
136. Dangerous Dan's lawyer claimed that his client is not mentally competent to stand trial, but the prosecutor believes that he is. In order to resolve the issue, it is very likely that a \_\_\_\_\_ psychologist will be consulted to conduct an assessment.
- A) health
  - B) rehabilitation
  - C) forensic
  - D) personality
137. The specialty area in psychology that applies psychological principles and techniques to legal issues, such as the assessment and treatment of offenders, mental competency to stand trial, child custody, jury selection, and eyewitness testimony is called \_\_\_\_\_ psychology.
- A) clinical
  - B) rehabilitation
  - C) counseling
  - D) forensic

138. Dr. Nelson studies the psychological factors that seem to be associated with the development of heart disease. Dr. Nelson specializes in \_\_\_\_\_ psychology.
- A) educational
  - B) industrial/organizational
  - C) health
  - D) developmental
139. \_\_\_\_\_ psychology is most interested in examining individual differences and the characteristics that make each person unique.
- A) Educational
  - B) Social
  - C) Cross-cultural
  - D) Personality
140. In his practice, Dr. Kallin applies psychological principles to help people with chronic and disabling health conditions adapt to their situation and attain optimal psychological, interpersonal, and physical functioning. Dr. Kallin is a \_\_\_\_\_ psychologist.
- A) forensic
  - B) social
  - C) rehabilitation
  - D) health
141. After a car crash, Tyler was left with a number of chronic and disabling health conditions and was having trouble adjusting to the situation. Tyler could benefit most from seeing a \_\_\_\_\_ psychologist.
- A) social
  - B) personality
  - C) psychodynamic
  - D) rehabilitation
142. Which of the following titles would most likely be found in a research journal for social psychology?
- A) "Increased levels of the male hormone, testosterone, causes increased aggressive behavior in laboratory rats"
  - B) "How the presence of other people affects helping behavior in public situations"
  - C) "Decreases in intellectual functioning can be reversed through increased mental activities in the older adult"
  - D) "Motivational effects of stress"

143. Dr. Lavalley, one of the many professionals helping the Olympic team prepare for the games, uses psychological theory and knowledge to enhance athletic motivation, performance, and consistency. Dr. Lavalley is a \_\_\_\_\_ psychologist.
- A) sports
  - B) rehabilitation
  - C) personality
  - D) health
144. The specialty area in psychology that uses psychological theory and knowledge to enhance athletic motivation, performance, and consistency is called \_\_\_\_\_ psychology.
- A) health
  - B) positive
  - C) rehabilitation
  - D) sports
145. When he was having academic difficulties, Walter received counseling and an assessment from a professional who also consulted with his parents, teachers, and other school staff. The professional working with Walter and his family is most likely a \_\_\_\_\_ psychologist.
- A) health
  - B) forensic
  - C) rehabilitation
  - D) school
146. Psychologists who counsel students, perform assessments, and help teachers, school administrators, and parents understand how children learn and develop are known as \_\_\_\_\_ psychologists.
- A) school
  - B) experimental
  - C) personality
  - D) cognitive
147. Dr. Campbell helps returning soldiers and their families deal with combat stress, readjust to civilian life, and cope with injuries. Dr. Campbell would be classified as a(n) \_\_\_\_\_ psychologist.
- A) school
  - B) developmental
  - C) military
  - D) educational

148. Which of the following statements about clinical psychologists is FALSE?
- A) They have extensive training in evaluating and diagnosing psychological disorders, psychotherapy techniques, and psychological testing.
  - B) They study the causes, diagnosis, treatment, and prevention of different types of behavioral and emotional disorders, such as anxiety, major depressive disorder, or eating disorders.
  - C) Their training leads to a doctorate in clinical psychology, either a Ph.D. or a Psy.D.
  - D) As a regular part of their training, they are supervised in prescribing medications, electroconvulsive therapy (ECT), transcranial magnetic stimulation (TMS), and other medical procedures.
149. Dr. Mason and Dr. Jacobson both work in Minnesota in different cities. They both treat people with severe mental disorders. Dr. Mason cannot prescribe medications for his patients, but Dr. Jacobson frequently prescribes medications. Dr. Mason is probably a \_\_\_\_\_, whereas Dr. Jacobson is probably a(n) \_\_\_\_\_.
- A) psychiatrist; clinical psychologist
  - B) experimental psychologist; biological psychologist
  - C) clinical psychologist; psychiatrist
  - D) social psychologist; health psychologist
150. Which of the following statements about prescribing medications for psychological symptoms is TRUE?
- A) In the United States, only psychiatrists can prescribe medications for psychological symptoms.
  - B) Because there are so few psychiatrists in Alaska, it became the first state to allow clinical psychologists to prescribe a small number of medications for treating psychological disorders.
  - C) Psychologists in New Mexico and Louisiana can qualify for prescription privileges if they complete additional coursework and a special training program supervised by a physician.
  - D) As a matter of federal law, psychologists are prohibited from prescribing any type of medication in the United States.

151. Which of the following statements is a key reason why some states have enacted legislation allowing psychologists to prescribe medications for psychological symptoms?
- A) Allowing trained psychologists to prescribe medications may help many people who have been unable to gain access to mental health care, especially people in underserved rural areas.
  - B) It is the first step in the plan to make almost all medications for psychological symptoms available over the counter without a prescription.
  - C) It may encourage greater competition between psychiatrists and clinical psychologists, which should help lower the cost of mental health care.
  - D) North Dakota, Montana, and Alaska have unusually high rates of psychological disorders, especially major depression during the winter months.
152. Which of the following best represents psychology's basic goals?
- A) investigate and treat mental illness
  - B) describe, explain, predict, and influence behavior
  - C) listen to, counsel, and console people with problems
  - D) apply the findings of animal research to abnormal behavior
153. When researchers create questions to investigate, generate evidence, and draw conclusions, they are guided by a set of assumptions, attitudes, and procedures that is (are) called:
- A) the scientific method.
  - B) guesses and hunches.
  - C) ethical guidelines.
  - D) pseudoscientific assumptions.
154. Psychologists are guided by the basic scientific assumption that events are lawful. What does this mean to psychologists?
- A) Psychologists are required to obey the law in all their professional activities.
  - B) Psychologists assume that behavior and mental processes follow consistent patterns.
  - C) Psychologists recognize that behavior typically follows the laws created by society.
  - D) Psychologists assume that abnormal behavior is unlawful whereas normal behavior is lawful.
155. Like other scientists, psychologists are guided by the assumption that:
- A) only experimental data have scientific relevance.
  - B) statistically significant results always have practical significance.
  - C) certain phenomena will never be understood.
  - D) events are lawful and ultimately explainable.



156. Psychologists assume that:
- A) behavior and mental processes have a cause or causes.
  - B) there are no parallels between human and animal behavior.
  - C) human behavior can be accurately predicted in any situation.
  - D) most aspects of behavior and mental processes cannot be understood by scientific means.
157. In striving to identify and understand consistent patterns of behavior, psychologists are \_\_\_\_\_. That is, they are willing to consider new or alternative explanations of behavior and mental processes.
- A) skeptical
  - B) empirical
  - C) open-minded
  - D) cautious
158. Psychologists' open-minded attitude is tempered by a healthy sense of scientific \_\_\_\_\_. That is, psychologists critically evaluate the evidence for new findings, especially those that seem contrary to established knowledge.
- A) intuition
  - B) dualism
  - C) skepticism
  - D) empiricism
159. *Empirical evidence* refers to evidence that is the result of:
- A) observation, measurement, and experimentation.
  - B) intuition, logic, and critical thinking.
  - C) experience, philosophy, and opinion.
  - D) experience, logic, and statistics.
160. Which of the following is NOT a step in the scientific method?
- A) formulate a testable hypothesis
  - B) design the study and collect data
  - C) analyze the data and draw conclusions
  - D) apply the findings to solve human problems

161. A hypothesis is:
- A) a tentative statement that describes the relationship between two or more variables.
  - B) a geometric construct often used in statistical analyses.
  - C) a proven theory.
  - D) the operational definition assigned to the independent variable.
162. A researcher sets out to test the following statement: “Adolescents are more likely to start smoking if one or both of their parents smokes.” This statement is an example of:
- A) a theory.
  - B) an operational definition.
  - C) a hypothesis.
  - D) experimenter bias.
163. The factors in a hypothesis that can vary or change are called:
- A) theories.
  - B) variables.
  - C) main effects.
  - D) correlation coefficients.
164. In order to test the hypothesis that premarital education enhances marital quality, Dr. Stanley should first:
- A) conduct pseudoscientific research.
  - B) use naturalistic observation to observe happily married couples.
  - C) operationally define the terms *premarital education* and *marital quality*.
  - D) avoid operational definitions because they reflect preconceived ideas and biases.
165. Which of the following phrases would be an acceptable operational definition for anxiety?
- A) unpleasant emotional state
  - B) feelings of worry, tension, dread, or fear
  - C) asking people to rate their current level of anxiety on a 1-to-10 scale
  - D) None of the other alternatives is correct because anxiety is a subjective emotional state that cannot be operationally defined.

166. An operational definition is:
- A) a research design in which the participants act or operate as their own control group.
  - B) a precise description of how each variable in a particular study will be manipulated or measured.
  - C) one that has been approved by the American Psychological Association.
  - D) a statistical method used in psychological research to correct for bias that may be operating in the experimental situation.
167. People who engage in critical thinking:
- A) try to boil down all complex issues to a yes/no proposition.
  - B) evaluate evidence only from their own perspectives.
  - C) readily accept an explanation if the explanation makes sense.
  - D) are open to new ideas, yet maintain a sense of skepticism.
168. In general, *critical thinking* refers to the practice of:
- A) criticizing other people.
  - B) assuming that new ideas are wrong until proven otherwise.
  - C) actively questioning statements rather than blindly accepting them.
  - D) using personal opinions to reach particular conclusions.
169. Critical thinkers engage in reflective thinking. This means that they:
- A) assume other perspectives.
  - B) use their intuition to solve problems.
  - C) maintain an attitude of healthy skepticism.
  - D) expect and accept complexity.
170. Howard recognizes that there is always a subjective side to any science. Therefore, he believes that it is important to actively minimize preconceptions and biases while evaluating evidence. Also, he always considers alternative explanations for research findings. Howard's attitude reflects:
- A) pseudoscientific thinking.
  - B) the confirmation bias.
  - C) collectivistic thinking.
  - D) critical thinking.

171. Researchers who were interested in the effects of alcohol consumption on perceived attractiveness of members of the opposite sex randomly assigned participants to two groups. Each participant in the first group received a fruit flavored drink containing a set amount of alcohol and those in the second group received an identical tasting drink with no alcohol. Next, the participants viewed pictures of members of the opposite sex and rated their attractiveness on a scale of 1 to 10. Which of the following is an operational definition of perceived attractiveness?
- A) awareness of attractiveness through the visual sense
  - B) providing pleasure or delight
  - C) participants' rating on a 1-to-10 scale in response to questions about the attractiveness of members of the opposite sex
  - D) awareness of and action upon one's attraction to a member of the opposite sex
172. Researchers who were interested in the effects of alcohol consumption on perceived attractiveness of members of the opposite sex randomly assigned participants to two groups. Each participant in the first group received a fruit flavored drink containing a set amount of alcohol and those in the second group received an identical tasting drink with no alcohol. Next, the participants viewed pictures of members of the opposite sex and rated their attractiveness on a scale of 1 to 10. What was the operational definition of the treatment or independent variable?
- A) receiving an alcoholic drink or an identical tasting drink with no alcohol
  - B) blood alcohol content
  - C) rating perceived attractiveness on a 1-to-10 scale
  - D) taste of the drinks
173. Psychologists use statistics to:
- A) analyze the data collected and determine whether or not the results support the hypothesis.
  - B) generate new theories.
  - C) prove that a theory is true.
  - D) confuse introductory psychology students.
174. In contrast to the experimental method, the basic goal of the descriptive method is to:
- A) investigate and refute "common sense" notions about human behavior.
  - B) manipulate variables in a meaningful way.
  - C) deduce valid operational definitions and generate new experiments.
  - D) observe and describe behavior.

175. The basic goal of the experimental method is to:
- A) demonstrate that one variable causes change in a second variable.
  - B) describe and predict naturally occurring phenomena.
  - C) investigate a single subject in depth.
  - D) discover new operational definitions.
176. Which type of research method is used to show that one variable causes change in another variable?
- A) naturalistic observation
  - B) survey
  - C) experimental method
  - D) descriptive method
177. Unobtrusively, Dr. Jones and two of her students record the willingness of boys and girls to volunteer for an elephant ride or a donkey ride at the local zoo. Jones is using:
- A) unethical research practices.
  - B) experimental research methods.
  - C) meta-analysis.
  - D) descriptive research methods.
178. Using statistics, Dr. Hazlett determined that the result of her experiment was statistically significant. Dr. Hazlett then concluded that the:
- A) results of the experiment were not likely to have occurred by chance.
  - B) results of the experiment have practical importance in everyday life.
  - C) hypothesis for the experiment was not supported.
  - D) correlation coefficient was zero.
179. According to Professor Zarkov's correlational data, there is a statistically significant relationship between the socioeconomic level of a family and how much time the parents spend talking to their children. To say that the results of this study are "statistically significant" means that:
- A) there is a cause-and-effect relationship between the two variables.
  - B) the results are unlikely to have occurred by chance.
  - C) the finding has no mathematical validity.
  - D) the finding can be used to generate new theories.

180. Descriptive research methods:
- A) typically answer the “who, what, where, when, and how often” questions about behavior.
  - B) are no longer used in contemporary psychology.
  - C) have been replaced by sophisticated brain imaging techniques.
  - D) provide the most compelling evidence of cause-and-effect relationships.
181. A meta-analysis is most useful when:
- A) there are not enough participants in an experiment.
  - B) a particular issue has generated a large number of studies, some of which have produced weak or contradictory results.
  - C) the statistical analysis indicates that the results are statistically significant but the hypothesis is not supported.
  - D) the experiment has never been replicated.
182. Dr. O'Connor was interested in whether men and women differ in sexual attitudes. She found that more than 170 studies had already been published on this issue. Using \_\_\_\_\_, she combined the results of these studies and analyzed the data for overall trends.
- A) meta-analysis
  - B) naturalistic observation
  - C) pseudoscientific analysis
  - D) a natural experiment
183. Meta-analysis is:
- A) a statistical technique that combines and analyzes the findings from many different studies on a particular topic in order to determine overall trends.
  - B) the final step in the scientific method.
  - C) a type of computer program used to collect and analyze the results of case study research.
  - D) a pseudoscience.
184. When psychologists report the findings of a study in a scientific journal, it's important that they include a description of all of the following EXCEPT:
- A) how the study participants were chosen.
  - B) how the data were analyzed.
  - C) how variables were operationally defined.
  - D) how the journal reviewers responded to the findings.

185. In order to increase confidence in the findings of a particular study, it is important that the study and its results:
- A) have practical significance.
  - B) be widely reported.
  - C) be repeated or replicated.
  - D) be tested by meta-analysis.
186. The word *replicate* refers to:
- A) a second statistical analysis of the study's results by an independent researcher.
  - B) confirming a researcher's results with meta-analysis.
  - C) a statistical technique.
  - D) repeating a study using the same research methods but different research participants.
187. Which of the following conditions would increase scientific *confidence* in a particular research finding?
- A) The study was conducted by a well-known or famous psychologist.
  - B) The study was reported by CNN, MSNBC, and other news agencies.
  - C) Independent researchers repeated the study using different participants and the same basic finding occurred again.
  - D) Other researchers felt that the finding fit with their personal experience.
188. A \_\_\_\_\_ is a specific question or prediction to be tested, whereas a(n) \_\_\_\_\_ tries to integrate and summarize a large number of findings.
- A) hypothesis; theory
  - B) variable; operational definition
  - C) theory; hypothesis
  - D) descriptive method; experimental method
189. A theory:
- A) is another term for a hypothesis.
  - B) integrates and summarizes diverse findings on the same topic.
  - C) is based strictly on speculation rather than any kind of empirical evidence.
  - D) is a statement of absolute fact that eventually becomes a scientific law.
190. Theory is to hypothesis as \_\_\_\_\_ is to \_\_\_\_\_.
- A) prediction; control
  - B) chance; description
  - C) control; model
  - D) model; prediction

191. A useful theory is one that does all of the following EXCEPT:
- A) furthering the understanding of behavior.
  - B) allowing predictions to be made.
  - C) ensuring statistical significance in an experiment.
  - D) stimulating new research.
192. When psychologists systematically observe and record behaviors as they occur in their natural settings, they are using a descriptive method called:
- A) case study survey research.
  - B) meta-analysis.
  - C) naturalistic observation.
  - D) the experimental method.
193. Investigators can answer important questions, such as when certain behaviors take place, how often they occur, and whether they are related to other factors such as age, ethnic origins, or educational level, by using \_\_\_\_.
- A) meta analysis
  - B) descriptive research methods
  - C) experimental research methods
  - D) pseudoscientific methods
194. Dr. Harmon wants to study the conditions under which some children are rejected by their peers. Daily, from the beginning of a school year, she carefully observes and records the behavior of kindergartners, first-graders, and second-graders in the classroom and on the playground. Dr. Harmon is using:
- A) a survey.
  - B) naturalistic observation.
  - C) a case study.
  - D) the experimental method.
195. The primary goal of naturalistic observation is to:
- A) conduct an experiment in an artificial environment.
  - B) detect natural behavior patterns.
  - C) observe the effect that the manipulated variable has on a second variable.
  - D) disrupt natural behavior patterns and observe the results.



196. Which of the following statements is a key advantage of naturalistic observation?
- A) Researchers can manipulate animal and human behavior.
  - B) Operational definitions are not needed, since only natural behaviors are studied.
  - C) Researchers can easily duplicate conditions that have been first investigated in laboratory settings.
  - D) Researchers can study behavior that could not ethically be manipulated in an experiment.
197. Why do researchers try to avoid being detected by their participants when engaged in naturalistic observations?
- A) The researchers themselves could be considered a dependent variable that affects the results of the study.
  - B) Naturally occurring behavior patterns might not occur if the participants become aware that they are being observed.
  - C) It is unethical to engage in any kind of research, even naturalistic observation, unless participants give their prior permission.
  - D) Participants may continue to act naturally with the researchers, but the researchers may not act like researchers once they begin to interact with the participants.
198. After many media reports of aggressive behavior by parents and other adult spectators in the stands at Canadian youth hockey games, psychologists systematically recorded the comments of adult spectators at youth hockey games in a large Canadian city. They found that almost two-thirds of the comments were directed at the players rather than the referees, and that most comments were positive and encouraging rather than negative or critical. The psychologists used a descriptive research method called \_\_\_\_.
- A) a case study
  - B) naturalistic observation
  - C) survey research
  - D) case-based research
199. After many media reports of aggressive behavior by parents and other adult spectators in the stands at Canadian youth hockey games, psychologists used a method called naturalistic observation to study spectator behavior. Using the naturalistic observation method means that:
- A) researchers must avoid being detected by their subjects.
  - B) behaviors are observed in their natural settings, not in a lab.
  - C) researchers may study behaviors that cannot ethically be manipulated in an experiment.
  - D) All of the answers are correct.

200. After many media reports of aggressive behavior by parents and other adult spectators in the stands at Canadian youth hockey games, psychologists systematically recorded the comments of adult spectators at youth hockey games in a large Canadian city. They found that when negative comments were made, they were more often directed at the \_\_\_\_\_ than at the \_\_\_\_\_.  
A) referees; players  
B) players; referees  
C) opposing teams' parents; coaches  
D) coaches; opposing teams' parents
201. A *pseudoscience* is a:  
A) specific branch of science focused on a single issue and based on compelling empirical evidence.  
B) group of different sciences, such as psychology, sociology, and anthropology, that focus on the same general issue.  
C) fake or false science that is based on little or no scientific evidence.  
D) form of science that emphasizes findings that have practical value (applied science) rather than new knowledge just for the sake of new knowledge (pure science).
202. The word *pseudo* means:  
A) numerous or many.  
B) fake or false.  
C) applied or practical.  
D) unconventional or unusual.
203. The practice of applying magnets to the body to supposedly treat various conditions and ailments is called:  
A) transcranial magnetic stimulation (TMS).  
B) magnetic resonance imaging (MRI).  
C) magnet therapy.  
D) positron emission tomography (PET).
204. Scientific research into the effects of magnet therapy has demonstrated that:  
A) magnets of various types can relieve pain and other ailments.  
B) magnets applied to the head enlarge the hippocampus and improve memory and learning abilities.  
C) magnets, regardless of the type used, do not relieve pain and other ailments.  
D) static magnets are more effective in relieving pain and other ailments than transcranial magnetic stimulation (TMS) or magnetic resonance imaging (MRI).

205. An irrefutable or nonfalsifiable claim:
- A) is supported by empirical evidence.
  - B) cannot be disproved or tested in any meaningful way.
  - C) results directly from applying critical thinking to pseudoscientific claims.
  - D) can be attributed to a person's beliefs and expectations rather than to the actual independent variable.
206. The Snape Oil Supplement Company uses sincere and compelling testimonials and personal anecdotes to promote its products on TV infomercials. These testimonials:
- A) are acceptable scientific evidence.
  - B) should be believed because they appear to be genuine and the products really did help these people as they claim.
  - C) lack the basic controls used in research and are not acceptable scientific evidence.
  - D) are a type of descriptive research method called naturalistic observation.
207. Based on a friend's suggestion, Nicole moved her bed so that its head pointed to magnetic north. Nicole's friend told her this would help align the electrical impulses in her body and improve blood circulation to her brain. After sleeping this way for a week, Nicole found it easier to concentrate while studying. Her test scores also seemed to improve. Even after learning that scientific evidence does not support this notion, Nicole believed that sleeping with her head pointed to the magnetic north had improved her performance. Nicole's perception is an example of a:
- A) pseudoscientific belief.
  - B) negative correlation.
  - C) demand characteristic.
  - D) statistically significant effect.
208. Proponents of magnet therapy, like those of almost all pseudoscientific claims, use certain strategies to create the illusion of scientific validity. Which of the following is NOT one of those strategies or ploys?
- A) using testimonials rather than scientific evidence
  - B) using the scientific method to test hypotheses and claims
  - C) combining established scientific knowledge with unfounded claims
  - D) seeking out evidence that confirms the claims while ignoring evidence that contradicts or undermines them (the confirmation bias)

209. The mother of a 16-year-old boy with juvenile arthritis was told by a friend of special magnetic bracelets and a magnetic mattress that had helped her husband's arthritis. Her friend gave her a couple of pamphlets that described the unique pain-relieving and "healing" properties of the special magnetic bracelets and mattress. The pamphlets referred to "scientific studies conducted at a major university." The literature also provided several personal testimonials from people who claimed to have benefited from wearing the magnetic bracelets and sleeping on the magnetic mattress. The mother spent more than \$500 on the magnetic mattress and bracelets but her son's arthritis symptoms did not improve. What was the mother's mistake?
- A) She confused statistical significance with practical significance.
  - B) She mistakenly accepted personal anecdotes and testimonials as scientific evidence.
  - C) She failed to realize that laboratory experiments usually do not generalize to real-world situations in everyday life.
  - D) She forgot that only a positive correlation can indicate a true cause-and-effect relationship.
210. A friend tells you that putting a small cardboard pyramid under your bed as you sleep at night will enhance your "psychic energy" and give you "inner peace." Pseudoscientific claims like this:
- A) are irrefutable or nonfalsifiable because they use vague terms like "psychic energy" and "inner peace" and cannot be disproved or tested in any meaningful way.
  - B) can be tested only using brain-imaging technology such as PET scans, MRI, or fMRI.
  - C) can be tested only with natural experiments.
  - D) would be unethical to test because the researcher would have to use a double-blind study.
211. As you flip through the television channels, you come across the "Psychic Circle," which advertises "psychics" who use "scientifically proven methods" to see the future. This is an example of:
- A) empirical evidence.
  - B) applied critical thinking.
  - C) the practice effect.
  - D) a pseudoscientific claim.

212. Which of the following descriptions is a definition of the confirmation bias?
- A) the tendency to seek out evidence that confirms a claim or belief, while ignoring evidence that contradicts or undermines the claim or belief
  - B) the belief that irrefutable or nonfalsifiable claims can be used to confirm the existence of pseudoscientific methods and practices
  - C) the tendency for subtle cues or signals, expressed by the researcher, to bias participants so that they attempt to confirm the hypothesis being tested
  - D) the belief that testimonials are the best type of empirical evidence to confirm pseudoscientific claims
213. When questioned, advocates of pseudoscientific claims do not provide supporting scientific evidence but instead challenge you to disprove their claims. This strategy or ploy is called:
- A) the single-blind technique.
  - B) shifting the burden of proof.
  - C) the “multiple outs” strategy.
  - D) the double-blind technique.
214. When Renate bought her memory-enhancing subliminal tapes, she was pleased to read about a study that showed that their use could produce positive results. However, she ignored the evidence from many other studies that did not support the claims made for the effectiveness of the subliminal tapes. This example illustrates:
- A) the effect of demand characteristics.
  - B) critical thinking.
  - C) the confirmation bias.
  - D) the practice effect.
215. When Brenda's son did not experience any of the claimed benefits from wearing a magnetic vest, she was told that magnets act differently on different body parts, that the vest might not have been properly secured, and that everyone's body reacts differently to magnet therapy. The therapist encouraged her to continue using the vest, saying that the healing effect would not be noticeable until her son had worn it longer. This example illustrates:
- A) the use of “multiple outs.”
  - B) descriptive research methods.
  - C) the practice effect.
  - D) the effect of demand characteristics.

216. To bolster the credibility of their claims, pseudoscientists:
- A) typically use lots of scientific jargon without scientific substance.
  - B) use the double-blind technique.
  - C) rely on empirical evidence.
  - D) apply experimental methods.
217. A case study is a(n):
- A) in-depth investigation of a single individual or a small group of individuals, often involving information from a wide variety of sources.
  - B) method of determining whether an experiment reflects natural conditions.
  - C) survey involving only people who are likely to confirm the experimenter's hypothesis.
  - D) study involving multiple participants who all suffer from the same psychological problems and are given the same experimental treatment.
218. Case studies:
- A) are commonly used by clinical psychologists and other mental health professionals to develop a complete profile of a psychotherapy client.
  - B) were popular when psychology was first founded but are almost never used today.
  - C) are not considered to be a legitimate form of scientific evidence.
  - D) are the main scientific tool used to establish a cause-and-effect relationship.
219. In \_\_\_\_\_, information from multiple case studies is systematically combined and analyzed.
- A) survey research
  - B) naturalistic observation
  - C) experimental research
  - D) case-based research
220. In case-based research, information from multiple \_\_\_\_\_ studies is systematically combined and analyzed.
- A) survey
  - B) correlational
  - C) experimental
  - D) case

221. Which of the following statements is an important advantage of surveys?
- A) Surveys can be developed by people with no scientific training.
  - B) Researchers are able to gather information about a very large group of people based on a representative sample of that group.
  - C) The dependent variable is more easily manipulated in surveys than in formal experiments.
  - D) If there are more than 3,000 participants, the results are likely to be valid no matter how the participants were chosen.
222. In survey research, the term *sample* refers to a(n):
- A) preliminary questionnaire that is used to develop the final survey.
  - B) carefully selected segment of the larger group that is to be studied.
  - C) small pilot study that is later repeated using a larger group of participants.
  - D) entire group of people the researchers want to study.
223. A *representative sample* is a:
- A) group of participants that closely parallels the larger group to be studied on all relevant characteristics, such as age, sex, and race.
  - B) sample questionnaire that represents the most likely set of survey responses.
  - C) small group of volunteers who try to predict the survey results.
  - D) list of all the possible questions that might be represented on the final survey.
224. Sample is to population as \_\_\_\_\_ is to \_\_\_\_\_.
- A) random selection; naturalistic observation
  - B) some; all
  - C) case study; survey
  - D) case study; multiple case study
225. What process do researchers use to make sure that survey participants are a representative sample of the population that is being studied?
- A) double-blind selection
  - B) single-blind selection
  - C) random selection
  - D) using only those participants who volunteer to be part of the study

226. Professor Lyon decided to study food preferences of U.S. college students, so he asked his students to volunteer to participate in a lengthy survey. Professor Lyon's survey results are probably invalid because he did not use:
- A) an operational definition.
  - B) random selection.
  - C) a valid hypothesis.
  - D) independent and dependent variables.
227. Of the nearly 6,000 people who participated in the National Survey of Sexual Health and Behavior (NSSHB), which is a survey on sexual behaviors:
- A) all had volunteered to be in the survey by responding to advertisements.
  - B) each was randomly assigned to the different experimental conditions in the study.
  - C) each was randomly selected from the entire U.S. population.
  - D) almost all were from either California or New York.
228. To ensure that participants are responding honestly and consistently, survey researchers:
- A) usually withhold payment for participating in the survey until the person's answers have been independently checked and verified.
  - B) almost always interview the participants on two separate occasions using two different interviewers.
  - C) sometimes rephrase the question and ask for the same information in a different way at different points in the survey.
  - D) routinely check the participant's responses with the spouse or a friend of the participant.
229. One potential problem with surveys and questionnaires is that:
- A) people may misrepresent their personal characteristics or lie in their responses.
  - B) random selection procedures are not possible with these forms of data collection.
  - C) expectancy effects usually invalidate the findings.
  - D) these techniques produce illusory correlations rather than true correlations.



230. Researchers Craig Anderson and Karen Dill (2000) surveyed college students about their video game playing habits. What did their survey reveal?
- A) The average amount of time spent playing video games increased as students progressed from high school to college, with college students playing video games for six hours per week on average.
  - B) Although the average amount of time spent playing video games decreased as students progressed from high school to college, college students reported playing video games for more than two hours per week on average.
  - C) Playing video games causes a decrease in grade point average and an increase in aggressive personality characteristics.
  - D) There was a strong positive correlation between the amount of time spent playing video games and academic achievement.
231. Professor Nelson wishes to investigate the relationship between stress and visits to the college mental health clinic. Which of the following research methods would be most appropriate?
- A) pseudoscientific research
  - B) correlational study
  - C) meta-analysis
  - D) naturalistic experiment
232. A correlational study:
- A) examines how strongly two variables are related to one another.
  - B) can be used to establish a cause-and-effect relationship.
  - C) is no longer allowed under today's ethical guidelines.
  - D) has little utility, since it is merely descriptive.
233. A correlation coefficient is a(n):
- A) numerical indicator of the strength and direction of a relationship between two factors.
  - B) independent variable that is used in a correlational study.
  - C) numerical indicator of the statistical significance of the findings in a particular research study.
  - D) index of the practical rather than the statistical significance of research findings.
234. Which of the following numbers is NOT a possible correlation coefficient?
- A) +1.00
  - B) -.98
  - C) +1.72
  - D) +.54

235. After conducting a statistical analysis of responses to a survey, Professor Patterson finds a correlation of +2.36 between participation in sporting events and physical injuries. This finding indicates that:
- A) Professor Patterson has made a serious error in calculating the correlation coefficient.
  - B) a cause-and-effect relationship exists between participation in sporting events and physical injuries.
  - C) as participation in sporting events increases, the risk of physical injury also increases.
  - D) as participation in sporting events decreases, the risk of physical injury increases.
236. Which of the following correlation coefficients represents the strongest relationship between two factors?
- A)  $-.15$
  - B)  $+.03$
  - C)  $+.38$
  - D)  $-.80$
237. After analyzing her data, Professor Nelson discovers that a correlation coefficient of  $+.75$  exists between the amount of coffee a person drinks and the degree of stress experienced. Professor Nelson can safely conclude that:
- A) there is no relationship between stress and coffee consumption.
  - B) stress causes people to drink coffee.
  - C) as coffee consumption increases, stress also increases.
  - D) drinking coffee produces stress.
238. Your instructor notices that in many of his classes, the longer he lectures, the more student yawns he sees. This represents:
- A) a positive correlation.
  - B) a negative correlation.
  - C) a cause-and-effect relationship.
  - D) scientific proof that yawning is contagious.
239. A study on parental use of corporal punishment found a relationship between parental socioeconomic status and use of corporal punishment. Put simply, as socioeconomic status declines, rates of parents' use of corporal punishment rise. This finding represents a:
- A) cause-and-effect relationship.
  - B) positive correlation.
  - C) negative correlation.
  - D) classic example of an expectancy effect.

240. A perfect positive correlation:
- A) is statistically impossible.
  - B) would mean that every time Factor A occurred, Factor B also occurred.
  - C) would mean that Factor A caused Factor B to occur.
  - D) would mean that every time Factor A occurred, Factor B did not occur.
241. Positive correlation is to negative correlation as \_\_\_\_\_ is to \_\_\_\_\_.
- A) correlation coefficient; correlational study
  - B) 1.00; 0.00
  - C) variables moving in the same direction; variables moving in opposite directions
  - D) variables moving in opposite directions; variables moving in the same direction
242. Professor Williams is investigating loneliness. Participants in her study complete the UCLA Loneliness Scale to measure their levels of loneliness. They also answer questions on a survey about many aspects of their personal lives. In analyzing the results of her study, Professor Williams finds that as the number of friends increases, the level of loneliness tends to decrease. This represents a \_\_\_\_\_ correlation.
- A) positive
  - B) negative
  - C) spurious
  - D) cause-and-effect
243. Several correlational studies all point to the conclusion that the more time students spend playing violent video games, the lower their grade point average tends to be. This means that:
- A) playing violent video games causes low grades.
  - B) low grades cause students to play violent video games.
  - C) the researchers have discovered a negative correlation between playing violent video games and grade point average.
  - D) the researchers have discovered a positive correlation between playing violent video games and grade point average.

244. Which of the following statements regarding correlational research is TRUE?
- A) Correlational research indicates causality in either a positive or a negative direction.
  - B) You cannot use correlational research to draw conclusions about cause-and-effect relationships.
  - C) Correlations can tell you about relations between two variables, but it is not possible to make predictions based upon correlational research.
  - D) Correlations are able to predict the cause-and-effect relationship between two or more variables.
245. Correlational research is valuable because:
- A) one can discover meaningful cause-and-effect relationships when several correlations are examined collectively.
  - B) variables can be easily manipulated by the experimenter to yield the effects of the variables.
  - C) correlations allow researchers to predict the cause of one variable's effect on another.
  - D) correlational research can be used to rule out some factors and identify others that merit more intensive study.
246. The research method that is used to demonstrate a cause-and-effect relationship between changes in one variable and the effects on another variable is called the:
- A) descriptive method.
  - B) correlational method.
  - C) experimental method.
  - D) meta-analytic method.
247. Which of the following is a definition of the experimental method?
- A) research strategy that allows the precise conclusion of how strongly two factors are related to each other
  - B) method of study that involves an intensive, in-depth investigation of a single individual or small group of individuals
  - C) systematic observation and recording of behaviors as they occur in their natural setting
  - D) research method used to determine a cause-and-effect relationship between changes in one variable and the effect that is produced on another variable

248. Researchers at State University wanted to test the hypothesis that distributed, or spaced, practice results in better retention of material than massed practice or cramming. To find out if there is a cause-and-effect relationship, the researcher should use:
- A) correlational research methods.
  - B) the experimental method.
  - C) naturalistic observation.
  - D) survey or questionnaire research.
249. In an experiment, the *independent variable* is the variable that is:
- A) affected by changes in the dependent variable.
  - B) unknown.
  - C) beyond the researcher's control, as it independently varies or changes over time.
  - D) deliberately manipulated by the researcher.
250. In an experiment, the *dependent variable* is:
- A) always equivalent to zero.
  - B) the factor that is measured for change and is influenced by the independent variable.
  - C) measured only in the control group participants.
  - D) deliberately manipulated by the researcher.
251. Researchers interested in how sleep deprivation affected performance randomly assigned participants to groups that had one, two, or three nights of sleep deprivation. Then they tested subjects' reaction times on a standard motor reaction task. The dependent variable in this experiment was:
- A) the amount of sleep deprivation each group was subjected to.
  - B) how much sleep each group needed following the sleep deprivation experiment.
  - C) the reaction times of the three groups on the standard motor reaction task.
  - D) how often the participants fell asleep during the sleep deprivation phase of the experiment.
252. In an experiment, the factor that is observed and measured for change and is thought to be influenced by the independent variable is called the:
- A) extraneous variable.
  - B) treatment variable.
  - C) dependent variable.
  - D) confounding variable.

253. Researchers at the Allied Mental Health Center are conducting a study to determine how quickly symptoms of depression are reduced by different forms of psychotherapy. What is the independent variable in this study?
- A) change in the symptoms of depression
  - B) method used to recruit participants for the study
  - C) form of psychotherapy used to treat depression
  - D) cost of the study
254. Professor Hebb is studying whether learning is affected by different environments. He raises some rats in cages with many interesting objects to play on and explore, and other rats in isolated, barren cages with none of the interesting objects. Later, Hebb carefully records how many attempts it takes each rat to learn to run a maze with no mistakes. What is the independent variable in this study?
- A) how many attempts it takes each rat to learn to run a maze
  - B) being raised in an interesting or a barren environment
  - C) use of animals versus people
  - D) number of rats in the study
255. Dr. Kiecolt-Glaser is a health psychologist studying whether stress impairs the body's ability to heal. In the highly stressful week before final exams, Dr. Kiecolt-Glaser gives dental students an oral punch biopsy in which a small sample of gum tissue is removed. She then records the number of days for the oral wound to completely heal. Dr. Kiecolt-Glaser gives the same dental students a second oral punch biopsy during summer vacation. Once again, she records the number of days until the oral wound completely heals. What is the independent variable in this study?
- A) number of days for the oral wound to heal
  - B) whether the oral wound was created during a high stress or low stress period
  - C) whether the dental students were working or relaxing during the summer vacation
  - D) average number of hours of sleep the students experienced in the day immediately following the gum wound

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

260. Researchers who were interested in the effects of alcohol consumption on perceived attractiveness of members of the opposite sex randomly assigned participants to two groups. Each participant in the first group received a fruit flavored drink containing a set amount of alcohol and those in the second group received an identical tasting drink with no alcohol. Next, the participants viewed pictures of members of the opposite sex and rated their attractiveness on a scale of 1 to 10. Which of the following is the independent variable in this study?
- A) alcohol consumption
  - B) ratings on the attractiveness scale
  - C) the taste of the drinks
  - D) perceived attractiveness
261. Researchers were interested in the effects of alcohol consumption on the perceived attractiveness of members of the opposite sex. One group of participants was given four drinks containing alcohol, another group was given four drinks that did not contain alcohol, but both the alcoholic and nonalcoholic drinks tasted identical. A final group was given no drinks at all. Next, all three groups of participants rated the attractiveness of members of the opposite sex by viewing pictures and rating attractiveness on a 1-to-10 scale. Which of the following is the dependent variable in this study?
- A) whether the drink contained alcohol or not
  - B) ratings on the attractiveness scale
  - C) the taste of the drinks
  - D) alcohol consumption
262. In scientific research, experimental controls are:
- A) specific strategies and procedures to help minimize the possibility that extraneous variables will influence the outcome of the experiment.
  - B) the changes in the dependent variable attributable to the participants' beliefs or expectations.
  - C) the participants who are assigned to the control group.
  - D) the change in the independent variable that is a direct result of the manipulation of the dependent variable.
263. In an experiment testing the effect of watching violent video games on aggressive behavior, researchers used specific strategies and procedures to help minimize the possibility that extraneous variables would influence the outcome of the experiment. These strategies are called:
- A) demand characteristics.
  - B) meta-analytical techniques.
  - C) experimental controls.
  - D) single-blind procedures.



264. Researchers who were interested in the effects of alcohol consumption on perceived attractiveness of members of the opposite sex randomly assigned participants to two groups. Each participant in the first group received a fruit flavored drink containing a set amount of alcohol and those in the second group received an identical tasting drink with no alcohol. Next, the participants viewed pictures of members of the opposite sex and rated their attractiveness on a scale of 1 to 10. Which group was the placebo control group?
- A) The group that watched violent video games.
  - B) The group that received alcoholic drinks
  - C) The group that received nonalcoholic drinks
  - D) There was no placebo control group.
265. In Dr. Foster's study, one group is given a new medication that is believed to reduce anxiety. Another group is given a medication that looks like the real medication, but that contains none of the active ingredients that would affect anxiety. In this experiment, the experimental group is the:
- A) group that receives the new medication.
  - B) group that receives the medication without the active ingredients.
  - C) anxiety group.
  - D) group without anxiety.
266. The experimental group is the group of:
- A) participants exposed to the dependent variable.
  - B) participants exposed to the independent variable.
  - C) psychologists who are collaborating on an experiment.
  - D) variables that require operational definitions.
267. In a study on the effects of caffeine on memory, participants drank a bottle of tasteless water containing 100, 50, or 0 milligrams of caffeine. The participants assigned to the group that drank bottled water with no caffeine represented the \_\_\_\_\_ in this study.
- A) dependent variable
  - B) placebo control group
  - C) meta-analysis
  - D) experimental group
268. The purpose of using a placebo control group in an experiment is often to:
- A) measure the effects of the dependent variable.
  - B) dupe the subject into accepting the experiment's results.
  - C) control for expectancy effects.
  - D) persuade other researchers that the experiment is valid.

269. The participants who are assigned to the group that receives a fake substance, treatment, or procedure that has no known direct effects are in the \_\_\_\_\_ group.
- A) experimental
  - B) extraneous
  - C) placebo control
  - D) practice
270. Researchers who were interested in the effects of alcohol consumption on perceived attractiveness of members of the opposite sex randomly assigned participants to two groups. Each participant in the first group received a fruit flavored drink containing a set amount of alcohol and those in the second group received an identical tasting drink with no alcohol. Next, the participants viewed pictures of members of the opposite sex and rated their attractiveness on a scale of 1 to 10. Why did the researchers include a group that drank a nonalcoholic beverage that tasted identical to the alcoholic beverage?
- A) to encourage practice effects
  - B) to examine expectancy effects
  - C) to eliminate random assignment
  - D) to manipulate demand characteristics
271. A placebo is:
- A) a fake substance, treatment, or procedure with no known direct effects.
  - B) the dependent variable in an experiment testing drug effects.
  - C) a statistical technique used to eliminate errors in measurement.
  - D) a drug that is supplied to experimental groups.
272. In the ginkgo biloba experiment, some participants took the manufacturer's recommended daily dosage of the supplement while others were given an identical dosage of a substance called the \_\_\_\_\_, which had no known direct effects.
- A) treatment drug
  - B) placebo
  - C) double-blind substance
  - D) extraneous substance
273. Placebo or expectancy effects
- A) a change in a subject's behavior that is produced by the subject's beliefs and expectations rather than by the actual drug, treatment, or procedure.
  - B) the researcher's confidence in his or her findings.
  - C) the instructions that are given to the research participants before the experiment begins.
  - D) the results that the researcher expects to discover.

274. Random assignment refers to a procedure that:
- A) ensures that all participants have an equal chance of being assigned to any of the experimental conditions or groups.
  - B) helps psychologists determine which factors should be defined as dependent variables.
  - C) is used in statistics to determine whether results are random or simply due to chance.
  - D) randomly assigns different procedures to different researchers in order to minimize experimenter bias.
275. In an experiment investigating the hypothesis that aerobic exercise improves concentration and memory, all the participants had an equal chance of being assigned to any of the three conditions in the study. The researchers used \_\_\_\_\_ to minimize the possibility of bias when assigning participants to the different groups.
- A) the practice effect
  - B) random assignment
  - C) the single-blind technique
  - D) the double-blind technique
276. In a study on the effects of caffeine on memory, participants drank a bottle of tasteless water containing 100, 50, or 0 milligrams of caffeine. Neither the researcher who handed out each bottle of water nor the study participants knew whether a bottle of water contained caffeine or not. This is an example of a \_\_\_\_\_ study.
- A) correlational
  - B) case
  - C) single-blind
  - D) double-blind
277. In a double-blind study:
- A) only the researcher knows which participants have been exposed to the independent variable.
  - B) both the researcher and the participants know whether the participants have been exposed to the independent variable.
  - C) the subject is blindfolded during treatment.
  - D) both the participants and the researcher who interacts with them are unaware of the treatment or condition to which the participants have been assigned.

278. A study in which the researchers, but not the participants, are aware of the treatment or condition to which the participants have been assigned is called a \_\_\_\_\_ study.
- A) single-blind
  - B) pseudoscientific
  - C) double-blind
  - D) meta-analytical
279. Paul Solomon and his colleagues investigated the effects of the herb ginkgo biloba on memory, concentration, and other mental tasks. All participants in the study took a battery of cognitive tests at the beginning and end of the six-week study. The results showed that the test scores increased about the same for the participants in the experimental group as for the participants in the placebo control group. How is this best explained?
- A) The researchers did not use a double-blind technique in the study, and therefore the results may have been influenced by demand characteristics.
  - B) Because the researchers failed to use random assignment, the ginkgo biloba group may have had more “health conscious” participants than the placebo group, which may have biased the results.
  - C) From simply taking the cognitive tests twice, the participants in both groups experienced a practice effect that improved their test scores.
  - D) Because the test scores had improved by the end of the experiment, it can be concluded that ginkgo biloba significantly improves memory, alertness, concentration, and mental focus.
280. The purpose of using a double-blind research design is to:
- A) guard against the possibility that the researcher will treat participants differently or communicate the behavior that is expected of the participants.
  - B) guard against the release of confidential information.
  - C) guarantee the anonymity of the participants.
  - D) determine which participants will be exposed to the dependent variable.

281. In trying to make sense out of the unusual experimental results, Dr. Kling and Dr. Hunger carefully reviewed a video tape of the experimental assistant interacting with the research participants. "Look at that!" said Dr. Hunger as she pointed at the screen. "He's smiling as he hands the fake vitamins to the participants in the placebo control group, but he didn't smile when he handed the real vitamins to the participants in the experimental group." "Well," said Dr. Kling, shaking his head, "It looks like we'll have to invalidate the experiment because the:
- A) experimental assistant was displaying demand characteristics."
  - B) requirement of random assignment has been violated."
  - C) research assistant changed the study from a single-blind study to a double-blind study."
  - D) research assistant forgot to debrief the participants before handing out the vitamins."
282. In a research study, subtle cues or signals expressed by the researcher can communicate the kind of response or behavior that is expected from the participant. Such signals are called:
- A) practice effects.
  - B) demand characteristics.
  - C) main effects.
  - D) treatment effects.
283. In psychological research, the *practice effect* refers to:
- A) the likelihood that researchers will improve in their interviewing techniques over time.
  - B) a change in performance of a task that is the result of mere repetition of that task.
  - C) the fact that the performance of skills that are well-practiced is more likely to decline when those skills are repeatedly measured.
  - D) a well-known technique for improving the memory of nonsense syllables or other meaningless stimuli.
284. Researchers who tested whether ginkgo biloba improves memory and concentration were careful to control changes caused by other influences so they could be confident that the \_\_\_\_\_ could be attributed to the treatment variable.
- A) practice effect
  - B) main effect
  - C) expectancy effect
  - D) placebo effect

285. Any change that can be directly attributed to the independent variable after controlling for other possible outcomes is called:
- A) the main effect.
  - B) the statistically significant effect.
  - C) a pseudoscientific effect.
  - D) a demand characteristic effect.
286. Researchers were interested in the effects of alcohol consumption on the perceived attractiveness of members of the opposite sex. One group of participants was given four drinks containing alcohol, and another group was given no drinks at all. Next, both groups of participants rated the attractiveness of members of the opposite sex by viewing pictures and rating attractiveness on a 1-to-10 scale. Which group was the control group?
- A) There was no control group.
  - B) the group given four alcoholic drinks
  - C) the group that was given no drinks
  - D) both groups were control groups
287. Researchers who were interested in the effects of alcohol consumption on perceived attractiveness of members of the opposite sex randomly assigned participants to two groups. Each participant in the first group received a fruit flavored drink containing a set amount of alcohol and those in the second group received an identical tasting drink with no alcohol. Next, the participants viewed pictures of members of the opposite sex and rated their attractiveness on a scale of 1 to 10. Why did the experimenters include a group that received nonalcoholic drinks?
- A) to examine demand characteristics
  - B) to encourage practice effects
  - C) to eliminate random assignment
  - D) to serve as a baseline for comparison against the experimental group
288. In the Crum and Langer hotel experiment, the participants were selected:
- A) because they were elderly people who believed that their health was “poor.”
  - B) from the housekeeping staff at seven carefully matched hotels.
  - C) because they were elderly people who believed that their health was “excellent.”
  - D) from undergraduate students in courses at Harvard University where they could earn extra credit for participating in research.

289. The hypothesis in the Crum and Langer hotel experiment was that:
- A) elderly people, who were led to believe that their health was “poor,” have more health problems than those who perceived their health was “excellent.”
  - B) there was a positive correlation between perception of health and longevity.
  - C) changing a person's beliefs and perceptions about the exercise benefits of a particular activity would result in actual health benefits.
  - D) there was a negative correlation between perception of health and longevity.
290. In Crum and Langer's hotel experiment, the participants were:
- A) eighty-four female housekeeping staff at seven carefully matched hotels.
  - B) all undergraduate students in introductory psychology classes at Harvard University.
  - C) given either ginkgo biloba or a placebo depending on their assigned group.
  - D) all male employees selected from the administrative staff of seven carefully matched hotels.
291. In Crum and Langer's hotel experiment, the:
- A) participants were assigned to either the ginkgo biloba group or the placebo condition.
  - B) participants were randomly assigned on an individual basis to either the high exercise group or the low exercise group.
  - C) hotels were randomly assigned to either the experimental or control condition, thus ensuring that all participants at a given hotel were in the same group.
  - D) participants were assigned to either the “poor” health condition or the “excellent” health condition depending on their present perception of their health status.
292. The participants in the Crum and Langer hotel experiment were not individually assigned to the experimental or control group. Instead, each hotel was randomly assigned to one of the two conditions. What was the reason for this?
- A) There was a potential confounding variable because if the housekeeping staff at a particular hotel were assigned to two different conditions, they might talk to each other about what they had been told.
  - B) The experimenters were trying to avoid the demand characteristics associated with recruiting participants for a natural experiment.
  - C) The researchers wanted to avoid a potential confounding variable related to practice effects.
  - D) There was a potential confounding variable because if the housekeeping staff at a particular hotel were assigned to two different conditions there would be intense competition between them to improve productivity at the hotel.

293. In the Crum and Langer hotel experiment:
- A) all the participants were told that the experimenters were interested in getting information on their health so that they could study ways to improve it.
  - B) half the participants were given the health supplement ginkgo biloba and the other half were given a placebo.
  - C) all the participants were told that the experimenters were interested in getting information on the working conditions at hotels so that they could study ways to improve safety and reduce injuries.
  - D) half the participants were led to believe they were in “poor” physical condition and half were led to believe they were in “excellent” physical condition.
294. What was the independent variable in Crum and Langer's hotel experiment?
- A) being informed that housekeeping work was good exercise
  - B) being informed that housekeeping work was unhealthy and contributed to health problems
  - C) the amount of exercise each group engaged in outside their housekeeping jobs
  - D) how much weight the participants lost on average over the course of the study
295. The participants assigned to the experimental group or condition in Crum and Langer's hotel experiment were:
- A) not informed that their housekeeping work was beneficial exercise.
  - B) exposed to the dependent variable.
  - C) informed that their housekeeping work was beneficial exercise.
  - D) led to believe that housekeeping work was unhealthy and contributed to health problems.
296. The participants assigned to the control group or condition in Crum and Langer's hotel experiment were:
- A) informed that their housekeeping work was beneficial exercise.
  - B) exposed to the independent variable.
  - C) not informed that their housekeeping work was beneficial exercise.
  - D) led to believe that housekeeping work was unhealthy and contributed to health problems.



297. In a study of children's reading abilities, one group of eight-year-olds was exposed to a new program that supposedly enhances literacy. Another group was taught using standard methods for teaching reading. Results of the study indicate that the children taught with the new program learned to read more complex material than the group who were exposed to standard teaching methods. In this study, the control group was the group that:
- A) was exposed to the new program.
  - B) developed the new program.
  - C) improved its reading abilities.
  - D) received the standard teaching methods.
298. The purpose of the control group in an experiment is to:
- A) serve as a baseline to which changes in the experimental group can be compared.
  - B) provide substitute participants if people drop out of the experiment.
  - C) ensure that ethical standards are maintained.
  - D) make sure that experimental procedures are correctly followed and that results are accurately reported.
299. In an experiment, the control group is the group of:
- A) scientists who determine the value to be assigned to the independent variable.
  - B) administrators who determine whether a given procedure is ethical.
  - C) participants who are exposed to all experimental conditions, except the independent or treatment variable.
  - D) participants who are exposed only to the dependent variable.
300. At the conclusion of the Crum and Langer hotel experiment:
- A) the "informed" participants were given free memberships in the hotel's fitness club.
  - B) it was explained to all participants that the results of the experiment were conclusive; daily doses of ginkgo biloba were beneficial to health and well-being.
  - C) the "uninformed" participants were given free memberships in the hotel's fitness club.
  - D) all participants were debriefed, and were told about the actual hypothesis, and the purpose of the experiment was explained to them.
301. What constituted the dependent variable in Crum and Langer's hotel experiment?
- A) being informed that housekeeping work was beneficial exercise
  - B) responses to questionnaires about exercise and diet and measures of physical health
  - C) not being informed that housekeeping was beneficial exercise
  - D) the degree of improvement in memory and concentration after taking either ginkgo biloba or a placebo

302. The dependent measure(s) obtained in Crum and Langer's hotel experiment was (were):
- A) scores on a memory test and performance on a manual dexterity test.
  - B) questionnaire responses about health and diet and measures of physical health, including weight, percentage of body fat, blood pressure, and body mass index (BMI).
  - C) the average number of calories burned during a typical day of housekeeping activity.
  - D) being informed or not being informed about the beneficial health effects of housekeeping work.
303. During the month-long hotel experiment conducted by Crum and Langer:
- A) hotel management confirmed that the workload of the housekeeping staff remained constant in both conditions throughout the study.
  - B) the workload of the staff in the experimental group was increased and the workload of the control group was correspondingly decreased.
  - C) the participants in the "informed group" tended to do much more exercise outside their jobs than did the "uninformed" group.
  - D) the experimental but not the control participants reported increased levels of fatigue due to their perception that work was exercise.
304. The results of the Crum and Langer hotel experiment were that:
- A) the informed group participants showed significant improvements in all physical health measures except diastolic blood pressure.
  - B) none of the participants benefited from perceiving housekeeping work as exercise.
  - C) those who perceived housekeeping work as exercise (informed group) reported higher levels of fatigue than the uninformed group.
  - D) the uninformed group participants showed significant improvements in all physical health measures including diastolic blood pressure.
305. The results of Crum and Langer's hotel experiment:
- A) were contradicted by the results of correlational research based on a student survey about health, diet, and exercise and personality measures.
  - B) had little impact because the statistical analysis was flawed.
  - C) provided additional support for the idea that people's beliefs and expectations can have a powerful influence.
  - D) were discounted because the evidence was purely correlational.

306. In combination, the ginkgo biloba experiment and the hotel experiment demonstrated that:
- A) people's beliefs and expectations can have a significant influence on behavior and well-being.
  - B) demand characteristics and expectancy effects contributed to the main effects in both studies.
  - C) taking ginkgo biloba in combination with exercise has proven health benefits.
  - D) housekeeping work in most hotels is unhealthy and contributes to physical ailments such as chronic back pain, but that ginkgo biloba can help prevent such illnesses.
307. How did Crum and Langer formally report the findings of their hotel experiment about the effect of perceiving work as exercise?
- A) They appeared on the television news program *60 Minutes*.
  - B) They held a news conference at the Housekeeping Association of America's annual convention.
  - C) They were interviewed, and their study was described in the "Science" section of *The New York Times*.
  - D) They wrote up the study, and it was published in *Psychological Science*.
308. One criticism of Crum and Langer's hotel experiment was that:
- A) members of the informed group might have engaged in more exercise, eaten healthier foods, and so on, after being told about the benefits of exercise even though they reported no changes in their behavior.
  - B) there was no control group used in the experiment.
  - C) because it was not a double-blind, placebo-controlled study, the results are invalid.
  - D) members of the uninformed or control group might have engaged in more exercise, eaten healthier foods, and so on, after being told about the benefits of exercise even though they reported no changes in their behavior.
309. Experiments can provide important information, but they also have limitations. Which of the following is one of the limitations discussed in the textbook?
- A) Experiments are often conducted in highly controlled laboratory environments and thus may have little to do with actual behavior.
  - B) Experimental results cannot be used to establish a cause-and-effect relationship between two variables.
  - C) Experiments are excellent at describing a phenomenon but cannot be used to make predictions.
  - D) For ethical reasons, only animals can be experimental participants, and conclusions may not be relevant to human behavior.

310. Limitations of the experimental method include which of the following?
- A) It may not be feasible to establish a cause-and-effect relationship.
  - B) It may not be ethical or possible to experimentally investigate some issues.
  - C) Cultural factors cannot be studied experimentally.
  - D) Because the participants are “blind” to the experimental conditions, they are unable to give informed consent.
311. The results of experiments conducted in the laboratory may not \_\_\_\_\_ well, meaning that the results cannot be applied to real-world situations or to more general populations beyond the participants in the study.
- A) replicate
  - B) generalize
  - C) duplicate
  - D) internalize
312. A study investigating the effects of a naturally occurring event on the research participants is known as:
- A) correlational research.
  - B) a case study.
  - C) case-based research.
  - D) a natural experiment.
313. A natural experiment is a study that:
- A) investigates the effects of a naturally occurring event on the research participants.
  - B) involves the systematic observation and recording of behaviors as they occur in their natural setting.
  - C) uses a questionnaire or interview to investigate the opinions, behaviors, or characteristics of a particular group.
  - D) involves the intensive, in-depth investigation of a single individual or small group of individuals.
314. After the dictatorship ended in Slobonia, many children were found in state-run orphanages where they had been badly treated and often neglected. These children were placed for adoption and researchers followed their progress over a number of years, measuring psychological and physical indicators of well-being. This type of research is called:
- A) unethical because the children were subject to abuse before the researchers did any measurements.
  - B) a natural experiment.
  - C) a comparative psychology experiment.
  - D) pseudoscientific research.

315. In one natural experiment investigating weight gain during the first year of college, it was found that:
- A) male students assigned to dormitories with food service reported eating more meals and more snacks, but did not report gaining weight.
  - B) female students assigned to dormitories with food service reported eating more meals and more snacks, but did not report gaining weight.
  - C) male students who were assigned to dormitories with on-site dining facilities gained more weight and exercised less than students who were assigned to dormitories without food services.
  - D) living near on-site dining facilities did not influence weight gain for male or female students.
316. In one natural experiment investigating weight gain during the first year of college, it was found that:
- A) female students assigned to dormitories with food service reported eating more meals and more snacks but did not report gaining weight.
  - B) male students who were assigned to dormitories with on-site dining facilities gained more weight and exercised less than students who were assigned to dormitories without food services.
  - C) female students who were assigned to dormitories with on-site dining facilities gained more weight and exercised less than students who were assigned to dormitories without food services.
  - D) living near on-site dining facilities did not influence weight gain for male or female students.
317. Six-year-old Gary couldn't stop throwing up after being hit on his head. To help detect possible damage or brain swelling, doctors took a detailed image of the boy's brain structures using a powerful, non-invasive technique that involves harmless magnetic fields. What instrument was used?
- A) PET scanner
  - B) electroconvulsive therapy (ECT) instrument
  - C) transcranial magnetic stimulation (TMS)
  - D) MRI scanner
318. Which of the following techniques or instruments generates color-coded images of the brain's activity by tracking a small amount of radioactively tagged glucose that is injected into the person's bloodstream?
- A) transcranial magnetic stimulation (TMS)
  - B) electroconvulsive therapy (ECT)
  - C) magnetic resonance imaging (MRI)
  - D) positron emission tomography (PET)

319. Functional magnetic resonance imaging (fMRI):
- A) combines the ability to produce a detailed image of the brain's structures with the capacity to track the brain's activity and functioning.
  - B) involves injecting the participant with a radioactively tagged compound, such as glucose, that is tracked as it is used in different brain regions.
  - C) is limited because the participant cannot be repeatedly scanned.
  - D) produces brain images that are not as sharp as and are much less detailed than those produced by PET scans.
320. To identify which brain areas are most active when a person suffering from schizophrenia has hallucinations, researchers could use a(n) \_\_\_\_\_ scan to track the use of radioactively tagged glucose throughout the brain.
- A) MRI
  - B) PET
  - C) fMRI
  - D) ECT
321. Dr. Gomez wanted to investigate the effects of nicotine on the activity of the brain. Because she did not want to expose people to radioactivity or use any invasive procedures to measure brain activity, Dr. Gomez chose to use \_\_\_\_\_ for her measures of brain activity.
- A) the double-blind technique (DBT)
  - B) PET scans
  - C) transcranial magnetic stimulation (TMS)
  - D) functional MRI (fMRI) scans
322. When comparing fMRIs to PET scans, you can see that:
- A) PET scans provide a much sharper picture than fMRIs.
  - B) PET scans use less radioactive glucose than fMRIs.
  - C) fMRIs provide a picture of brain activity averaged over seconds rather than the several minutes that PET scans require.
  - D) PET scans can be used to study the details of much smaller brain structures than fMRIs.

323. You and your co-researchers want to compare the brain structures of musically gifted young adolescents with those of a closely matched control group of normal, nonmusical adolescents using a noninvasive technique. You and your colleagues are conducting a(n) \_\_\_\_\_ brain imaging study, and will use \_\_\_\_\_ to study the details of the brain structures.
- A) experimental; PET scanning
  - B) descriptive; electroconvulsive therapy (ECT)
  - C) experimental; transcranial magnetic stimulation (TMS)
  - D) descriptive; magnetic resonance imaging (MRI)
324. Which of the following statements does the Chapter 1 'Focus on Neuroscience' feature NOT mention as a potential limitation of brain imaging studies?
- A) Because the participants in the brain-imaging studies usually have some type of brain damage, it is difficult to draw conclusions about the functioning of the healthy, intact human brain.
  - B) Because brain-imaging research tends to involve small groups of participants, researchers must exercise caution in generalizing results to a wider population.
  - C) If a psychological process is complex, it is much less likely that brain imaging will identify a specific brain region uniquely associated with that psychological process.
  - D) Knowing that a particular psychological process activates a particular brain area does not necessarily further the explanation or understanding of the psychological process.
325. According to the 'Focus on Neuroscience' feature “Psychological Research Using Brain Imaging,” which of the following statements is a potential limitation of brain imaging?
- A) It is now considered unethical to use these techniques on humans; only animal studies are permitted.
  - B) Brain-imaging studies usually involve a small number of participants and tend to focus on simple aspects of behavior.
  - C) All brain-imaging studies use invasive procedures and radioactive substances and are potentially harmful to participants.
  - D) Because brain-imaging techniques use correlational methods, they cannot be used to determine precise associations between brain activity and psychological functions.

326. In accordance with the APA Ethical Guidelines, at the conclusion of the Crum and Langer hotel study, the participants would have been:
- A) interviewed by two clinical psychologists to ensure that no psychological harm had occurred.
  - B) allowed to see the complete list of participants and the experimental conditions to which they were assigned.
  - C) debriefed and the actual hypothesis and procedures involved in the study explained to them.
  - D) given a free one-year supply of ginkgo biloba and a free membership in the health club of their choice.
327. Under the American Psychological Association's ethical code for psychologists, psychological researchers:
- A) must respect the dignity and welfare of the research participants.
  - B) must consult each participant's family doctor.
  - C) are never allowed to deceive research participants.
  - D) can identify research participants by name, but only in professional journals.
328. The ethical requirement of informed consent means that:
- A) all participants must read and approve any written reports of the research results before they are published.
  - B) participants must be completely informed about the purpose and conditions of the research, and must be free to withdraw from the research at any time.
  - C) research participants must agree not to divulge any information about the nature of the study to any outside party.
  - D) once the participants have agreed to participate in the study, they may not withdraw for any reason other than medical necessity.
329. Deception in psychology experiments:
- A) has not been allowed since the 1960s when participants in Stanley Milgram's obedience study were not told beforehand that they would have to use electric shock to punish the "learner" every time the "learner" made a mistake.
  - B) is still allowed when it is not feasible to use alternatives that do not involve deception, and when the potential findings justify its use because of the scientific, educational, or applied value.
  - C) is expressly forbidden by the provisions in the 2002 APA ethical guidelines and regulations.
  - D) is allowed under present APA ethical guidelines without any restrictions or conditions.



330. Psychologists can use deception techniques as part of a study only when certain conditions have been met. Which of the statements below is one of these conditions?
- A) Studies with nonhuman animals have demonstrated the importance of the research to humans.
  - B) It is not feasible to use alternatives that do not involve deception.
  - C) The researchers have ensured the confidentiality of identifiable information about the participants.
  - D) There are significant factors that would influence the person's willingness to participate in the research.
331. Once a person has agreed to participate in a research study as a subject:
- A) the person is obligated to stay in the study until its conclusion.
  - B) the person gives up his or her right to confidentiality of information.
  - C) deception may be used since the person has agreed to the research participation.
  - D) the person is still free to withdraw from the research at any time.
332. Juanita participated in a psychology research project that involved solving a number of arithmetic problems. During the experiment, she was informed that her solutions were incorrect. After the experiment was completed, a research assistant explained the purpose of the experiment. He told Juanita that she had actually answered all items correctly, and then explained why the experiment required that she be told that her answers were wrong. This stage of the research represents:
- A) informed consent.
  - B) confidentiality.
  - C) debriefing.
  - D) voluntary participation.
333. Ethical standards for animal research in psychology:
- A) are identical to the standards for research using human participants.
  - B) are nonexistent.
  - C) are set by the American Psychological Association and by state and federal laws.
  - D) apply only to research using monkeys and chimps.
334. Of the psychological studies conducted in the United States that use animals, which animals are most commonly used?
- A) rats, mice, or other rodents
  - B) chimps or gorillas
  - C) pigeons or sparrows
  - D) dogs and cats

335. Psychological research using animals as research participants:
- A) is much more common than research using humans as participants.
  - B) has contributed to the understanding of memory, stress, and psychological disorders and their treatment.
  - C) almost always involves exposing the animals to pain or suffering.
  - D) almost always involves the use of monkeys or chimpanzees.
336. What percentage of psychological studies in any given year involves nonhuman animals as participants?
- A) 90 percent
  - B) 70 percent
  - C) 50 percent
  - D) less than 10 percent
337. The branch of psychology that focuses on the study of the behavior of different animal species is called:
- A) evolutionary psychology.
  - B) comparative psychology.
  - C) experimental psychology.
  - D) biological psychology.
338. Which of the following statements is NOT one of the reasons that animals are used in psychological research?
- A) There are many similarities between human and animal behavior.
  - B) It is often easier to study changes over the lifespan with nonhuman animals.
  - C) Research with nonhuman animal research is not subject to ethical rules and guidelines.
  - D) The results may promote the quality of life for zoo animals and the survival of endangered species in the wild.
339. How might the different goals of media and science clash?
- A) Media reporters are more likely to objectively report research findings than are the scientists who discovered them.
  - B) Scientists are more interested in taking personal credit for new discoveries, while media reporters are more interested in the discoveries themselves.
  - C) Media reporters are often more interested in attracting viewers or listeners than accurately portraying scientific findings.
  - D) Media reporters are likely to have different political goals than scientists.

340. Anecdotal evidence:
- A) is more reliable than data generated by artificial laboratory experiments.
  - B) consists of telling personal stories to support a particular claim.
  - C) is essentially the same as conducting a survey.
  - D) typically involves large groups of randomly selected research participants.
341. According to the Enhancing Well-Being with Psychology feature at the end of Chapter 1, which of the following statements is TRUE?
- A) Testimonials from people who have actually used a psychology-related product, such as a hypnosis tape, represent strong evidence that a product is effective.
  - B) You would be wise to assume that your life experiences are identical to those of the vast majority of people.
  - C) You can trust the accuracy of a newspaper or magazine report of psychological findings as long as it appears in a well-known publication.
  - D) Correlational studies are often reported in the mass media with the implication that a cause-and-effect relationship exists.
342. A news article about psychological research on sex differences in rates of major depression noted that the research was originally reported in *Psychological Science*, a journal published by the American Psychological Society. Knowing this, you can safely assume that:
- A) the study was probably reviewed by other psychologists with expertise in research methods before the study was accepted for publication.
  - B) the reporter read the published study before interviewing the researchers.
  - C) the researchers paid to have the study published in a professional journal.
  - D) the news article is reporting the results of the study in an unbiased, even-handed manner.
343. In critically evaluating a media report about a psychological finding or study, you should:
- A) remember that the terms *correlation* and *causality* mean the same thing.
  - B) look for the elements of good research design, including operational definitions of the variables and the use of control groups.
  - C) remember that some of the most compelling scientific evidence is anecdotal evidence.
  - D) assume that the reporter understands all the details of the study.

344. According to the Enhancing Well-Being with Psychology feature, when psychological research is reported in the mass media, which of the following criteria is a good indicator of credibility?
- A) the specific location where the research was conducted
  - B) the professional journal in which the research was originally published
  - C) whether the research was supported by a government grant
  - D) the number of participants who participated in the study

## Answer Key

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

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

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

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



- 183. A
- 184. D
- 185. C
- 186. D
- 187. C
- 188. A
- 189. B
- 190. D
- 191. C
- 192. C
- 193. B
- 194. B
- 195. B
- 196. D
- 197. B
- 198. B
- 199. D
- 200. A
- 201. C
- 202. B
- 203. C
- 204. C
- 205. B
- 206. C
- 207. A
- 208. B
- 209. B
- 210. A
- 211. D
- 212. A
- 213. B
- 214. C
- 215. A
- 216. A
- 217. A
- 218. A
- 219. D
- 220. D
- 221. B
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- 229. A
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- 241. C
- 242. B
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- 245. D
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- 256. D
- 257. C
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- 262. A
- 263. C
- 264. C
- 265. A
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- 268. C
- 269. C
- 270. B
- 271. A
- 272. B
- 273. A
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- 275. B
- 276. D
- 277. D
- 278. A
- 279. C
- 280. A
- 281. A
- 282. B
- 283. B
- 284. B
- 285. A
- 286. C
- 287. D
- 288. B
- 289. C
- 290. A
- 291. C
- 292. A
- 293. A
- 294. A
- 295. C
- 296. C
- 297. D
- 298. A
- 299. C
- 300. D
- 301. B
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- 303. A
- 304. A
- 305. C
- 306. A
- 307. D
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- 311. B
- 312. D
- 313. A
- 314. B
- 315. A
- 316. C
- 317. D
- 318. D
- 319. A
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- 321. D
- 322. C
- 323. D
- 324. A
- 325. B
- 326. C
- 327. A
- 328. B
- 329. B
- 330. B
- 331. D
- 332. C
- 333. C
- 334. A
- 335. B
- 336. D
- 337. B
- 338. C
- 339. C
- 340. B
- 341. D
- 342. A
- 343. B
- 344. B

1. What roles did philosophy and physiology play in the development of psychology as an independent science?
2. What early school of psychology did Titchener found, and what did that school advocate?
3. How did Wilhelm Wundt and William James differ in their views of what psychology should study?
4. What role did William James play in the founding of psychology in the United States?
5. Discuss Charles Darwin's influence on William James and explain how Darwin's theory of evolution contributed to psychology.
6. Name four of William James's students and discuss how they influenced the development of psychology in the United States.
7. What contributions did Mary Whiton Calkins and Margaret Floy Washburn make to psychology?
8. What kinds of obstacles did women face in the early days of American psychology?
9. Discuss the achievements and contributions of Francis C. Sumner.
10. Who was Sigmund Freud, and what were the basic ideas of the school of psychological thought he founded?
11. Compare and contrast psychoanalysis and behaviorism as two of the early schools of psychology.
12. What roles did Ivan Pavlov, John B. Watson, and B. F. Skinner play in the founding of behaviorism?

13. What are the basic ideas and assumptions of behaviorism?
14. What is humanistic psychology, and who advocated this approach?
15. List and describe the eight major perspectives in contemporary psychology described in the text. Be sure to address how each perspective differs in emphasis and approach.
16. Which of the major perspectives of contemporary psychology are often emphasized by psychologists working in the mental health field?
17. What relatively recent developments have reinforced interest in the biological perspective of psychology?
18. Which three factors do psychologists who take the psychodynamic perspective emphasize in explaining the underlying dynamics of human behavior?
19. Psychologists can study a particular behavior, topic, or issue from different perspectives. Give an example of a psychological phenomenon and how it might be approached from three different perspectives in psychology.
20. Contrast the approach to psychology taken by those who follow the behavioral perspective to those who follow the cognitive perspective.
21. What is the emphasis of the positive psychology perspective, and how does it differ from other perspectives in psychology?
22. Positive psychology shares some characteristics with the humanistic perspective. How are the two perspectives similar? How are they different?
23. Which perspective in contemporary psychology did Carl Rogers and Abraham Maslow influence? What is the focus of this perspective?
24. What is the difference between social loafing and social striving?

25. How do individualistic cultures differ from collectivistic cultures?
26. When evaluating the evolutionary perspective, why is it important to keep the time frame of evolutionary changes in mind?
27. Evolutionary theory is based on the principle of natural selection. What must be assumed in the evolutionary perspective in psychology to apply the principles of evolution to the investigation of human thought and behavior?
28. Describe three specialty areas in psychology, and provide an example of a research topic or a question that each area might investigate.
29. How do clinical psychologists differ from psychiatrists, and in what ways are they similar?
30. What assumptions and attitudes do psychologists hold?
31. Briefly describe the steps in the scientific method.
32. Describe three qualities that characterize critical thinking.
33. Why is it important for psychologists to report their research findings?
34. How is a theory different from a hypothesis?
35. What is the method of naturalistic observation, and what are some of its advantages?
36. Compare and contrast the naturalistic observation method and the case study method.
37. What strategies do pseudosciences often use to promote their claims?

38. In a scientifically conducted survey, describe how participants should be selected and explain the importance of the selection process.
39. Every day on the World Wide Web, people can participate in an opinion poll about current news events at the CNN.com Web site. How do scientifically conducted surveys differ from such surveys?
40. What do correlational studies examine, and what conclusions can be drawn from a correlational study?
41. Give an example of two factors that are positively correlated, and explain what that means.
42. What is the difference between a positive correlation and a negative correlation? Give an example of each.
43. Why are correlational studies useful?
44. What is the difference between the independent variable and the dependent variable?
45. When would a placebo control group be used in an experiment, and why?
46. What were the independent variable and the dependent variables in Crum and Langer's hotel experiment?
47. What was the purpose of Crum and Langer's experiment, and how did they test their hypothesis?
48. What conclusions can be drawn from the combined results of the ginkgo biloba experiment and Crum and Langer's hotel experiment?
49. What is a natural experiment and how does it differ from other research methods?



50. What are some of the limitations of experiments?
51. Describe at least three of the APA ethical guidelines.
52. What are some of the reasons that psychologists use animals in research?
53. What guidelines should you keep in mind when evaluating psychology-related information reported in the mass media?

## Answer Key

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1. Today, psychology is formally defined as the scientific study of behavior and mental processes.  
A) True  
B) False
2. More than 2,000 years ago, the Greek philosopher Aristotle wrote extensively about psychological topics such as sleep, dreams, the senses, and memory.  
A) True  
B) False
3. René Descartes promoted a doctrine called *interactive monism*, an idea that the mind and the body are one entity that produces sensations, emotions, and other conscious experiences.  
A) True  
B) False
4. Psychology's definition has not changed since it was founded as a science in the late nineteenth century.  
A) True  
B) False
5. Psychologists today have abandoned the nature–nurture debate and concluded that the environment is responsible for behavior.  
A) True  
B) False
6. For centuries, philosophers have debated which is more important: the inborn *nature* of the individual or the environmental influences that *nurture* the individual.  
A) True  
B) False
7. Many of the issues that are central to contemporary psychology have been debated for hundreds of years.  
A) True  
B) False

8. The established science most responsible for the emergence of psychology as a scientific discipline was physiology.  
A) True  
B) False
9. *Physiology* is a branch of biology that studies the functions and parts of living organisms, including humans.  
A) True  
B) False
10. *Physiology* is sometimes referred to as the “third force” in American psychology.  
A) True  
B) False
11. *Physiology* is the idea that mind and body are separate entities.  
A) True  
B) False
12. The event that marked the formal beginning of psychology as a separate experimental science occurred when William James taught the first course in psychology at Harvard University in the early 1870s.  
A) True  
B) False
13. Wilhelm Wundt wrote a landmark textbook titled *Principles of Physiological Psychology* in the 1870s that promoted his belief that psychology should be established as a separate scientific discipline.  
A) True  
B) False
14. Wilhelm Wundt defined psychology as the study of consciousness and emphasized the use of experimental methods to study and measure consciousness.  
A) True  
B) False
15. The first major school of thought in psychology was called structuralism.  
A) True  
B) False

16. The school of thought in psychology called structuralism held that even our most complex conscious experiences could be broken down into elemental structures of conscious thought.  
A) True  
B) False
17. Edward B. Titchener at Cornell University opened the first psychology research laboratory.  
A) True  
B) False
18. William James's book titled *Principles of Psychology* provided the basis for the development of a new school of psychology called behaviorism.  
A) True  
B) False
19. Charles Darwin was the author of the landmark book on evolution *On the Origin of Species*.  
A) True  
B) False
20. Charles Darwin's book *On the Origin of Species* had a profound effect on William James and influenced his ideas about the importance of adaptation to environmental changes.  
A) True  
B) False
21. Edward B. Titchener departed from Wilhelm Wundt's position regarding consciousness and developed his own ideas on the nature of psychology, which he called functionalism.  
A) True  
B) False
22. William James developed the technique called introspection as a way for people to tap into their unconscious.  
A) True  
B) False

23. Introspection was not a good method for psychological inquiry because it could not be used to study a variety of complex topics, such as learning, development, and personality.  
A) True  
B) False
24. Both the functionalists and the structuralists thought that psychology should focus on the study of conscious experiences.  
A) True  
B) False
25. William James played a key role in helping to establish psychology in the United States.  
A) True  
B) False
26. Followers of the school of functionalism strongly favored a scientific method called introspection and emphasized studying the most basic components of conscious experience.  
A) True  
B) False
27. Like behaviorists, functionalists were opposed to having psychology study consciousness or conscious experience.  
A) True  
B) False
28. William James's writings were the basis for a new school of psychology called functionalism.  
A) True  
B) False
29. Whereas structuralists were concerned with the study of conscious experiences, functionalists abandoned the study of conscious experiences, favoring the study of overt measurable behavior.  
A) True  
B) False

30. Both G. Stanley Hall and Mary Whiton Calkins were German psychologists who were originally students of Wilhelm Wundt.  
A) True  
B) False
31. Mary Whiton Calkins was the first woman president of the American Psychological Association and the author of a comprehensive textbook on psychology.  
A) True  
B) False
32. Harvard University awarded Mary Whiton Calkins her Ph.D., but only after William James intervened on her behalf.  
A) True  
B) False
33. Harvard University refused to award Mary Whiton Calkins her Ph.D. in psychology because she was a woman and at that time Harvard was not a coeducational institution.  
A) True  
B) False
34. The first American woman to earn a Ph.D. in psychology and the second woman to be elected president of the American Psychological Association was Margaret Floy Washburn.  
A) True  
B) False
35. Francis C. Sumner was the first African American to earn a Ph.D. in psychology.  
A) True  
B) False
36. According to Freud, glimpses of unconscious impulses were revealed in everyday life in dreams, memory blocks, and slips of the tongue.  
A) True  
B) False



37. Despite repeated invitations from William James and others, Sigmund Freud refused to visit the United States.  
A) True  
B) False
38. Psychoanalysis emphasizes the role of early childhood experience and unconscious conflicts in the development of personality.  
A) True  
B) False
39. Because his ideas were so controversial in this country, Sigmund Freud was refused a visa to visit the United States.  
A) True  
B) False
40. Ivan Pavlov demonstrated that dogs could learn to associate a neutral stimulus, such as the sound of a bell, with an automatic response, such as reflexively salivating to food.  
A) True  
B) False
41. John B. Watson believed that conscious processes were worthy of study for psychology and promoted the use of introspection as a technique for studying such processes.  
A) True  
B) False
42. At the turn of the twentieth century, Ivan Pavlov founded developmental psychology with his pioneering studies of infants and young children.  
A) True  
B) False
43. Like earlier psychologists, Watson and the behaviorists focused on the study of mental processes and conscious experience.  
A) True  
B) False

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

51. Carl Rogers emphasized the conscious experiences of his patients, including each person's unique potential for psychological growth and self-direction.  
A) True  
B) False
52. Abraham Maslow, a humanistic psychologist, developed a theory of motivation that emphasized psychological growth.  
A) True  
B) False
53. Like psychoanalysis, humanistic psychology included influential theories of personality and a form of psychotherapy.  
A) True  
B) False
54. Today's psychologists tend to identify themselves with a particular perspective in psychology according to the psychological topics that they investigate and the specialty areas in which they have been trained.  
A) True  
B) False
55. Although the biological perspective was important when psychology was first founded, it is of little interest in contemporary psychology.  
A) True  
B) False
56. The success of new medications in the treatment of psychological disorders has increased interest in the biological perspective of psychology.  
A) True  
B) False
57. Neuroscience, an area within the biological perspective, emphasizes the importance of the brain and the nervous system in explaining people's behavior.  
A) True  
B) False

58. Cognitive psychology developed as a reaction against the use of computers in science and industry.  
A) True  
B) False
59. Watson and Skinner led “the cognitive revolution” and returned psychology to the study of mental processes.  
A) True  
B) False
60. The behavioral perspective of psychology focuses on how behavior is acquired through unconscious influences and early childhood experiences.  
A) True  
B) False
61. The humanistic perspective of psychology focuses on the motivation of people to grow psychologically.  
A) True  
B) False
62. Positive psychology is a field of psychological research that focuses on the study of positive psychological states, positive individual traits, and social institutions that foster these qualities in individuals and communities.  
A) True  
B) False
63. Positive psychology focuses on developing therapeutic techniques that increase personal well-being rather than just alleviating the troubling symptoms of psychological disorders.  
A) True  
B) False
64. Cognitive psychologists did not agree with the behavioral perspective in psychology because cognitive psychologists thought that it was important to investigate how mental processes influence behavior.  
A) True  
B) False

65. A cognitive psychologist might use a computer metaphor for human memory, suggesting that human memory, thinking, and perception could be understood in terms of an information processing model.  
A) True  
B) False
66. The emergence of the cognitive perspective in psychology in the 1960s represented a return to psychology's historical roots by focusing on how mental processes influence behavior.  
A) True  
B) False
67. The development of the first computers in the 1950s was a contributing factor to the cognitive revolution in psychology.  
A) True  
B) False
68. Psychologists who adhere to the behavioral perspective tend to emphasize environmental influences on behavior, particularly behavior that can be directly observed and measured.  
A) True  
B) False
69. Carl Rogers and Abraham Maslow emphasized how unconscious processes could be the cause of serious psychological problems.  
A) True  
B) False
70. Cross-cultural psychologists have found that Chinese individuals worked harder on a task when they were alone compared to when they worked in groups.  
A) True  
B) False
71. Cross-cultural psychologists have found that there are absolutely no psychological processes that are shared by all humans.  
A) True  
B) False

72. Biological psychology is a perspective and specialty area that applies the principles of evolution to explain psychological processes and phenomena.  
A) True  
B) False
73. Evolutionary psychology is most interested in the evolution of the unconscious into consciousness.  
A) True  
B) False
74. According to proponents of evolutionary psychology, psychological processes that helped individuals adapt to their environments also helped them to survive, reproduce, and pass on those psychological mechanisms to their offspring.  
A) True  
B) False
75. Culture is a broad term that refers to the attitudes, values, beliefs, and behaviors a group of people share and communicate from one generation to another.  
A) True  
B) False
76. Norms of social behavior are virtually identical in all developed countries.  
A) True  
B) False
77. When the term *culture* is broadly defined, about 4,000 different cultures can be said to exist in the world today.  
A) True  
B) False
78. Studying the differences among various cultures that exist in the world today and examining their influence on behavior are fundamental goals of cross-cultural psychology.  
A) True  
B) False

79. Collectivistic cultures are cultures that stress individual goals and achievements over the goals and achievements of the group.  
A) True  
B) False
80. To promote greater tolerance and acceptance of cultural differences, ethnocentrism should be encouraged.  
A) True  
B) False
81. Individualistic cultures emphasize the importance of the individual in meeting the needs and the goals of the cultural group.  
A) True  
B) False
82. Ethnocentrism is the use of our own culture as the standard for judging other cultures.  
A) True  
B) False
83. Cultural norms are unwritten rules of behavior that are acted on with little thought once they have been learned and internalized.  
A) True  
B) False
84. It is a universal cultural norm that infants and toddlers are not routinely supposed to sleep in the same bed as their parents.  
A) True  
B) False
85. Many cultures are neither completely individualistic nor completely collectivistic, but fall somewhere between the two extremes.  
A) True  
B) False
86. Psychologists who take the evolutionary perspective apply the principles of evolution, including natural selection, to explain psychological processes and phenomena.  
A) True  
B) False

87. Psychologists who adopt the evolutionary perspective study the effects of culture on behavior and mental processes.  
A) True  
B) False
88. Evolutionary psychologists emphasize the study of the physical bases of human and animal behavior, including the nervous system, endocrine system, immune system, and genetics.  
A) True  
B) False
89. According to the evolutionary perspective, psychological processes that were adaptations to a prehistoric way of life may continue to exist in the human behavioral repertoire today.  
A) True  
B) False
90. Psychologists have concluded that it is impossible to apply the principle of natural selection to psychological processes.  
A) True  
B) False
91. According to one of the pie charts in Chapter 1, among psychologists who recently received their doctorate, most chose “clinical psychology” as their specialty area.  
A) True  
B) False
92. According to one of the pie charts in Chapter 1, the most common employment setting for psychologists is working for the federal government.  
A) True  
B) False
93. Biological psychologists study the relationship between psychological processes and the body's physical systems, including the brain and the rest of the nervous system, the endocrine system, the immune system, and genetics.  
A) True  
B) False



94. Biological psychology is a subdiscipline of neuroscience that studies the diversity of human behavior in different cultural settings and countries.  
A) True  
B) False
95. Dr. Rice studies the causes, diagnosis, treatment, and prevention of different types of behavioral and emotional disorders, such as anxiety, major depressive disorder, and eating disorders. She is most likely a clinical psychologist.  
A) True  
B) False
96. Cognitive psychologists primarily investigate the social, psychological, and physical changes that occur at different ages and stages of the lifespan, from conception to death.  
A) True  
B) False
97. Dr. Bremmer investigates mental processes, including reasoning and thinking, problem solving, perception, memory, and language. Dr. Bremmer is a cognitive psychologist.  
A) True  
B) False
98. Counseling psychology helps people of all ages adjust, adapt, and cope with personal and interpersonal problems in diverse areas such as relationships, work, education, marriage, child rearing, and aging.  
A) True  
B) False
99. Educational psychology is a specialty area in psychology that studies how people of all ages learn. It is also concerned with developing instructional methods and materials used to train people.  
A) True  
B) False
100. Educational psychologists use psychological theory and knowledge to enhance athletic performance, motivation, and consistency.  
A) True  
B) False

101. *Experimental psychology* is a term used to describe research that focuses on basic psychological topics such as sensory and perceptual processes, learning, emotion, and motivation.  
A) True  
B) False
102. Educational psychology is a specialty area that investigates research focused on basic psychological topics such as sensory and perceptual processes, learning, emotion, and motivation.  
A) True  
B) False
103. Developmental psychology is a specialty area that focuses on the study of the physical, social, and psychological changes that occur at different ages and stages of the lifespan, from conception to old age.  
A) True  
B) False
104. Forensic psychology applies psychological principles and techniques to legal issues, such as the assessment and treatment of offenders, mental competency to stand trial, child custody, jury selection, and eyewitness testimony.  
A) True  
B) False
105. Rehabilitation psychology focuses on the role of psychological factors in the development, prevention, and treatment of illness and includes such areas as stress and coping, the relationship between psychological factors and physical health, and ways of promoting health-enhancing behaviors.  
A) True  
B) False
106. The specialty area that applies psychological knowledge to help people with chronic and disabling health conditions adapt to their situation and attain optimal psychological, interpersonal, and physical functioning is called health psychology.  
A) True  
B) False

107. A psychologist who studies worker productivity, job satisfaction, or the interaction between people and equipment is most likely an industrial/organizational psychologist.  
A) True  
B) False
108. Personality psychologists study individual differences in people and the characteristics that make each person unique.  
A) True  
B) False
109. Developmental psychologists study the physical, social, and psychological changes that occur throughout the lifespan, from conception to death.  
A) True  
B) False
110. In his research, Dr. Klein explores the effects of social environments on psychological well-being. He is particularly interested in helping behavior, conformity, obedience, prejudice, and aggression. Dr. Klein is a social psychologist.  
A) True  
B) False
111. Sports psychology uses psychological theory and knowledge to enhance athletic motivation, performance, and consistency.  
A) True  
B) False
112. School psychologists provide a variety of psychological services to children, adolescents, and families in public and private schools.  
A) True  
B) False
113. All psychologists are automatically health psychologists because they are trained to administer psychotherapy to people with mental disorders.  
A) True  
B) False

114. Clinical psychologists study people with psychological disorders while psychiatrists actually treat them.  
A) True  
B) False
115. A clinical psychologist holds a doctorate in psychology whereas a psychiatrist holds a medical degree.  
A) True  
B) False
116. Psychologists in New Mexico and Louisiana can qualify for prescription privileges if they complete additional coursework and supervised clinical training.  
A) True  
B) False
117. Military psychologists help returning soldiers and their families deal with the aftereffects of combat stress, readjusting to civilian life, and coping with injuries. They also help select and train army personnel for particular roles or assignments.  
A) True  
B) False
118. All psychiatrists and clinical psychologists can prescribe medications and treat mental illness with a variety of medical procedures.  
A) True  
B) False
119. A clinical psychologist can hospitalize people and order biomedical therapies, such as transcranial magnetic stimulation (TMS) or electroconvulsive therapy (ECT).  
A) True  
B) False
120. Because there are so few psychiatrists in the state, North Dakota became the first state in the nation to pass legislation authorizing properly trained psychologists to prescribe medications to treat psychological symptoms.  
A) True  
B) False

121. The four basic goals of psychology are to (1) describe, (2) explain, (3) predict, and (4) control or influence behavior.  
A) True  
B) False
122. As scientists, psychologists are guided by several attitudes, including being open-minded, maintaining a healthy sense of scientific skepticism, and critically evaluating the evidence for new findings.  
A) True  
B) False
123. In striving to identify and understand consistent patterns of behavior, psychologists are willing to consider new or alternative explanations of behavior and mental processes. The text calls this attitude scientific skepticism.  
A) True  
B) False
124. In striving to identify and understand consistent patterns of behavior, psychologists are *open-minded*. That is, they are willing to consider new or alternative explanations of behavior and mental processes.  
A) True  
B) False
125. Psychologists' open-minded attitude is tempered by a healthy sense of *scientific skepticism*. That is, psychologists critically evaluate the evidence for new findings, especially those that seem contrary to established knowledge.  
A) True  
B) False
126. Psychologists' open-minded attitude is tempered by a healthy sense of *realism*, which is guided by the assumption that many events are not explainable, including human behavior and mental processes.  
A) True  
B) False
127. Psychologists assume that behavior and mental processes follow consistent patterns.  
A) True  
B) False

128. The scientific method is rarely used in psychology, as psychologists value “common sense,” subjective experience, and expert opinions more highly than so-called empirical evidence.  
A) True  
B) False
129. A hypothesis is a tentative explanation that tries to integrate and account for the relationship among various findings and observations.  
A) True  
B) False
130. Verifiable evidence that is based upon objective observation, measurement, and/or experimentation is called empirical evidence.  
A) True  
B) False
131. Variables are factors that can vary or change in ways that can be observed, measured, and verified.  
A) True  
B) False
132. An operational definition is a precise description of how the variables in a study will be manipulated or measured.  
A) True  
B) False
133. Critical thinkers are aware of their own biases and assumptions.  
A) True  
B) False
134. The critical thinker first draws conclusions and then evaluates the evidence for the conclusions.  
A) True  
B) False

135. A critical thinker can assume other perspectives that are fundamentally different from his or her own.  
A) True  
B) False
136. Most critical thinkers try to boil down an issue into its simplest components, frequently reducing a complex issue to an either/or kind of proposition.  
A) True  
B) False
137. When a critical thinker is asking herself, “What evidence supports this claim?” she is demonstrating a healthy sense of skepticism.  
A) True  
B) False
138. If a finding is statistically significant, it is likely that the result is due to chance.  
A) True  
B) False
139. A statistical technique called meta-analysis is used to analyze the results of many studies on a specific topic in order to identify overall trends.  
A) True  
B) False
140. Once a theory is proven through statistics, it becomes a widely accepted, unchanging psychological “law.”  
A) True  
B) False
141. Replication of research findings increases confidence in the accuracy of the findings.  
A) True  
B) False
142. A hypothesis is to a question as a theory is to a model.  
A) True  
B) False

143. Descriptive methods are research strategies for observing and describing behavior.  
A) True  
B) False
144. Descriptive research methods are research methods that can be used to demonstrate a cause-and-effect relationship, but not to show correlational associations.  
A) True  
B) False
145. The basic goal of naturalistic observation is to do an in-depth study of a single individual's behavior.  
A) True  
B) False
146. Researchers using naturalistic observation try not to be detected by their participants since detection might interfere with the naturally occurring behavior.  
A) True  
B) False
147. Descriptive methods include correlational studies, case studies, surveys, and naturalistic observation.  
A) True  
B) False
148. The word *pseudo* means “rare” or “unusual.”  
A) True  
B) False
149. A pseudoscience is a theory, method, or practice that promotes claims in ways that appear scientific even though supporting empirical evidence is lacking or nonexistent.  
A) True  
B) False
150. Magnet therapy is the practice of applying magnets to the body to supposedly treat various conditions and ailments.  
A) True  
B) False



151. Magnet therapy has been shown to be very effective in treating various ailments and conditions.  
A) True  
B) False
152. The use of anecdotes or testimonials is a common strategy in promoting pseudoscientific claims.  
A) True  
B) False
153. Proponents of pseudoscience frequently promote their claims using scientific jargon without scientific substance.  
A) True  
B) False
154. Mixing bits of established scientific knowledge with completely unfounded claims is a common strategy used to promote pseudoscience.  
A) True  
B) False
155. An irrefutable or nonfalsifiable claim is one that can be proven or tested empirically.  
A) True  
B) False
156. The confirmation bias is the tendency to seek out evidence that confirms a claim or belief, while ignoring evidence that contradicts or undermines the claim or belief.  
A) True  
B) False
157. The confirmation bias refers to the empirical or scientific evidence that is used to confirm or support pseudoscientific claims.  
A) True  
B) False
158. In science, the responsibility for proving the validity of a claim rests with those making the claim.  
A) True  
B) False

159. Pseudoscientists often claim that the responsibility for proving or disproving the validity of their claims rests with the skeptics, not with them.  
A) True  
B) False
160. When pseudoscientists fail to deliver on their promises, they invariably offer a variety of excuses, a strategy called “multiple outs.”  
A) True  
B) False
161. Carl Sagan stated that “extraordinary claims require extraordinary evidence.”  
A) True  
B) False
162. The case study method is often used to help develop a profile of a psychotherapy client.  
A) True  
B) False
163. Psychological records, medical records, and even school records may be examined in a case study.  
A) True  
B) False
164. *Case-based research* is a statistical approach that involves combining and analyzing the results of many research studies on a specific topic in order to identify overall trends.  
A) True  
B) False
165. In *case-based research*, information from multiple case studies is systematically combined and analyzed.  
A) True  
B) False
166. One advantage of survey research is that information can be gathered from a large group of people about the cause and effect of some phenomenon.  
A) True  
B) False

167. For survey results to apply to a particular group, every person within that group must respond to the survey questionnaire.  
A) True  
B) False
168. A sample is a segment of the population that is of interest to researchers.  
A) True  
B) False
169. A representative sample very closely matches the population from which it is drawn.  
A) True  
B) False
170. Random selection is a process by which participants are selected randomly from a larger group such that every group member has an equal chance of being included in the study.  
A) True  
B) False
171. Of the nearly 6,000 people who participated in the National Survey of Sexual Health and Behavior (NSSHB), which is a survey on sexual behaviors, each was randomly selected from the entire U.S. population.  
A) True  
B) False
172. In their survey of how much time young people spent playing video games, psychologists Craig Anderson and Karen Dill surveyed more than 200 students taking introductory psychology classes at a large midwestern university.  
A) True  
B) False
173. A correlation coefficient always falls in the range from  $-1.00$  to  $+1.00$ .  
A) True  
B) False

174. A recent meta-analysis found a moderately strong correlation between parental socioeconomic status and use of corporal punishment. The correlation revealed that as parental level of socioeconomic status increased, rates of parents' use of corporal punishment decreased. This finding represents a negative correlation.
- A) True
  - B) False
175. Several correlational studies all point to the same basic conclusion: the more time students spend playing violent video games, the lower their grade point average tends to be. This means that low grades cause students to play violent video games.
- A) True
  - B) False
176. Compared to a correlation of  $-.60$ , a correlation of  $+.60$  represents a relationship between two factors that is twice as strong.
- A) True
  - B) False
177. A negative correlation is one in which both factors decrease together.
- A) True
  - B) False
178. Even though correlational research cannot be used to establish a cause-and-effect relationship, correlational research can be used to make meaningful predictions.
- A) True
  - B) False
179. Increased number of hours watching television is associated with decreased grades on school tests. This finding represents a positive correlation.
- A) True
  - B) False
180. A positive correlation reflects a cause-and-effect relationship between two variables, while a negative correlation indicates the absence of a cause-and-effect relationship between the variables.
- A) True
  - B) False

181. If a perfect positive correlation of +1.00 occurs, it means that as factor A increases, factor B always decreases.  
A) True  
B) False
182. Even if two factors are very strongly correlated, correlation does NOT necessarily indicate causality.  
A) True  
B) False
183. The experimental method is a research method used to demonstrate cause-and-effect relationships by purposely manipulating one factor thought to produce change in another factor.  
A) True  
B) False
184. Independent variable is to dependent variable as deliberately varied is to measured.  
A) True  
B) False
185. The dependent variable is the factor that is observed and measured for change in an experiment and is thought to be influenced by the independent variable.  
A) True  
B) False
186. In an experiment, the independent variable is the purposely manipulated factor thought to produce change in the dependent variable.  
A) True  
B) False
187. In an experiment, the group of participants who are exposed to all the experimental conditions, including the independent variable, is called the experimental group or experimental condition.  
A) True  
B) False

188. The dependent variable is also called the treatment variable.  
A) True  
B) False
189. Extraneous variables are factors other than the ones being studied that, if not controlled, could affect the outcome of the experiment.  
A) True  
B) False
190. Extraneous variables are also called confounding variables.  
A) True  
B) False
191. Experimental controls are specific strategies and procedures that help minimize the possibility that extraneous variables or some other uncontrolled factor will influence the outcome of the experiment.  
A) True  
B) False
192. The experimental group (or experimental condition) is the group of participants that is exposed to all experimental conditions, including the independent variable or treatment variable.  
A) True  
B) False
193. The placebo control group is a control group in which participants are exposed to a fake independent variable, or placebo.  
A) True  
B) False
194. The effects of a placebo are compared to the effects of the actual independent variable on the experimental group. The placebo control group serves as a check for practice effects and expectancy effects.  
A) True  
B) False

195. A placebo is a fake and inert substance, procedure, or treatment that has no known direct effects.  
A) True  
B) False
196. Expectancy effects are the same things as demand characteristics.  
A) True  
B) False
197. The placebo effect is any change attributed to a person's beliefs and expectations rather than the actual drug, treatment, or procedure.  
A) True  
B) False
198. The placebo effect is also called the expectancy effect.  
A) True  
B) False
199. Random assignment means that all participants in the study have an equal chance of being assigned to any of the groups or conditions in an experiment.  
A) True  
B) False
200. Random assignment helps ensure that potential differences among participants are spread out across all experimental conditions.  
A) True  
B) False
201. A single-blind technique is one in which neither the participants nor the researcher interacting with the participants is aware of the group or condition to which each participant has been assigned.  
A) True  
B) False
202. In a double-blind study, neither the researcher nor the participant is aware of the experimental condition to which the participant is assigned.  
A) True  
B) False

203. In the ginkgo biloba experiment, the participants in both the experimental group and the placebo control group improved on the cognitive tests because of a practice effect.  
A) True  
B) False
204. The double-blind technique is used to guard against the possibility that the researcher will display subtle cues or signals that communicate what is expected from the participants.  
A) True  
B) False
205. The purpose of the double-blind technique is to guard against the possibility that the researcher will inadvertently display expectancy effects.  
A) True  
B) False
206. The purpose of the double-blind technique is to guard against the possibility that the researcher will inadvertently become an extraneous or confounding variable and display demand characteristics.  
A) True  
B) False
207. In a double-blind experiment, participants are both blindfolded and placed in a sound-proof chamber.  
A) True  
B) False
208. The experimental technique in which the researchers, but not the participants, are aware of the critical information about the experiment is called the double-blind technique.  
A) True  
B) False
209. In a research study, subtle cues or signals the research expresses that communicate the kind of response or behavior that is expected from the participant are referred to as practice effects.  
A) True  
B) False



210. Any change in performance that results from mere repetition of a task is called a demand characteristic.  
A) True  
B) False
211. The control group (or control condition) is the group of participants who are exposed to all experimental conditions, except the independent variable or treatment variable, and against which changes in the experimental group are compared.  
A) True  
B) False
212. Participants in the control group receive none of the experimental conditions except the independent variable or treatment variable.  
A) True  
B) False
213. Any change that can be directly attributed to the independent variable after controlling for other possible outcomes is called the main effect.  
A) True  
B) False
214. If an experiment is conducted properly, a control group is unnecessary.  
A) True  
B) False
215. In the Crum and Langer hotel experiment, the participants were selected from the housekeeping staff at seven carefully matched hotels.  
A) True  
B) False
216. In the Crum and Langer hotel experiment, the participants were selected because they were elderly people who believed that their health was "excellent."  
A) True  
B) False

217. The hypothesis in the Crum and Langer hotel experiment was that elderly people who were led to believe that their health was “poor” would have more health problems than those who perceived their health as “excellent.”  
A) True  
B) False
218. The hypothesis in the Crum and Langer hotel experiment was that changing a person's beliefs and perceptions about the exercise benefits of a particular activity would result in actual health benefits.  
A) True  
B) False
219. In Crum and Langer's hotel experiment, the participants were 84 female housekeeping staff at seven carefully matched hotels.  
A) True  
B) False
220. In Crum and Langer's hotel experiment, the participants were randomly assigned on an individual basis to either the high exercise group or the low exercise group.  
A) True  
B) False
221. The participants in the Crum and Langer hotel experiment were not individually assigned to the experimental or control group but instead each hotel was randomly assigned to one of the two conditions.  
A) True  
B) False
222. In the Crum and Langer hotel experiment, one half the participants was given the health supplement ginkgo biloba and the other half was given a placebo.  
A) True  
B) False
223. In the hotel experiment by Crum and Langer, half the participants were led to believe they were in “poor” physical and mental condition and the other half were led to believe they were in “excellent” physical and mental condition.  
A) True  
B) False

224. The independent variable in Crum and Langer's hotel experiment was being informed that housekeeping work was good exercise.  
A) True  
B) False
225. The independent variable in Crum and Langer's hotel experiment was being informed that housekeeping work was unhealthy and contributed to health problems.  
A) True  
B) False
226. The participants assigned to the experimental group or condition in Crum and Langer's hotel experiment were informed that their housekeeping work was beneficial exercise.  
A) True  
B) False
227. The participants assigned to the control group or condition in Crum and Langer's hotel experiment were not informed that their housekeeping work was beneficial exercise.  
A) True  
B) False
228. The participants assigned to the control group or condition in Crum and Langer's hotel experiment were led to believe that housekeeping work was unhealthy and contributed to health problems.  
A) True  
B) False
229. At the conclusion of the Crum and Langer hotel experiment, all participants were debriefed and were told about the actual hypothesis, and the purpose of the experiment was explained to them.  
A) True  
B) False
230. In Crum and Langer's hotel experiment, responses to questionnaires about exercise and diet and measures of physical health constituted the dependent variable.  
A) True  
B) False

231. The dependent variable in Crum and Langer's hotel experiment was the degree of improvement in memory and concentration after taking either ginkgo biloba or a placebo.  
A) True  
B) False
232. In accordance with the APA Ethical Guidelines, at the conclusion of the Crum and Langer hotel study, the participants would have been debriefed and the actual hypothesis and procedures involved in the study explained to them.  
A) True  
B) False
233. The dependent measures obtained in Crum and Langer's hotel experiment were questionnaire responses about health and diet and measures of physical health, including weight, percentage of body fat, blood pressure, and body mass index (BMI).  
A) True  
B) False
234. During the month-long hotel experiment conducted by Crum and Langer, hotel management confirmed that the workload of the housekeeping staff remained constant in both conditions throughout the study.  
A) True  
B) False
235. At the conclusion of the Crum and Langer hotel experiment, the “informed” participants were given free memberships in the hotel's fitness club.  
A) True  
B) False
236. The results of the Crum and Langer hotel experiment were that the informed group participants showed significant improvements in all physical health measures except diastolic blood pressure.  
A) True  
B) False

237. Crum and Langer reported that none of the participants benefited from perceiving housekeeping work as exercise, and also that those in the informed group reported higher levels of fatigue than the uninformed group.  
A) True  
B) False
238. The results of correlational research based on a student survey about health, diet and exercise, and personality measures contradicted the results of Crum and Langer's hotel experiment.  
A) True  
B) False
239. The results of Crum and Langer's hotel experiment provided additional support for the idea that people's beliefs and expectations can have a powerful influence on behavior and well-being.  
A) True  
B) False
240. In combination, the ginkgo biloba experiment and the hotel experiment demonstrate that people's beliefs and expectations can have a significant influence on behavior and well-being.  
A) True  
B) False
241. In combination, the ginkgo biloba experiment and the hotel experiment showed conclusively that taking ginkgo biloba in combination with exercise has proven health benefits.  
A) True  
B) False
242. Crum and Langer formally reported the findings of their hotel experiment about the effect of perceiving work as exercise in *Psychological Science*.  
A) True  
B) False

243. One criticism of Crum and Langer's hotel experiment was that members of the informed group might have engaged in more exercise, eaten healthier foods, and so on after being told about the benefits of exercise even though they reported no changes in their behavior.
- A) True
  - B) False
244. Experiments can provide important information, but they also have limitations.
- A) True
  - B) False
245. One limitation of the experimental method is that experiments are often conducted in highly controlled laboratory environments and thus may have little to do with actual behavior.
- A) True
  - B) False
246. A potential limitation of the experimental method is that experimental results cannot be used to establish a cause-and-effect relationship between two variables.
- A) True
  - B) False
247. A disadvantage of the experimental method is that results obtained in an artificial, well-controlled environment may not generalize well to everyday life.
- A) True
  - B) False
248. The results of experiments conducted in the laboratory may not *generalize* well, meaning that the results cannot be applied to real-world situations or to more general populations beyond the participants in the study.
- A) True
  - B) False
249. The results of experiments conducted in the laboratory may not *replicate* well, meaning that the results cannot be applied to real-world situations or to more general populations beyond the participants in the study.
- A) True
  - B) False

250. A natural experiment is a study investigating the effects of a naturally occurring event on the research participants.  
A) True  
B) False
251. One natural experiment investigating weight-gain during the first year of college found that male students assigned to dormitories with food service reported eating more meals and more snacks, but they did not report gaining weight.  
A) True  
B) False
252. One natural experiment investigating weight-gain during the first year of college found that female students assigned to dormitories with food service reported eating more meals and more snacks, but they did not report gaining weight.  
A) True  
B) False
253. One natural experiment investigating weight-gain during the first year of college found that female students who were assigned to dormitories with on-site dining facilities gained more weight and exercised less than students who were assigned to dormitories without food services.  
A) True  
B) False
254. One natural experiment investigating weight-gain during the first year of college found that male students who were assigned to dormitories with on-site dining facilities gained more weight and exercised less than students who were assigned to dormitories without food services.  
A) True  
B) False
255. Positron emission tomography (PET) is an invasive imaging technique that provides color-coded images of brain activity by tracking the brain's use of a radioactively tagged compound, such as glucose, oxygen, or another substance.  
A) True  
B) False

256. A noninvasive technique that produces detailed images of the brain using electromagnetic signals generated by the brain in response to magnetic fields is called magnetic resonance imaging (MRI).  
A) True  
B) False
257. Transcranial magnetic stimulation (TMS) is one type of brain-imaging technology discussed in the Focus on Neuroscience feature in Chapter 1, along with MRI, fMRI, and PET scans.  
A) True  
B) False
258. Functional magnetic resonance imaging (fMRI) is a noninvasive imaging technique that uses magnetic fields to map brain activity by measuring changes in the brain's blood flow and oxygen levels.  
A) True  
B) False
259. Magnetic resonance imaging (MRI) is an invasive imaging technique that provides color-coded images of brain activity by tracking the brain's use of a radioactively tagged compound, such as glucose, oxygen, or another substance.  
A) True  
B) False
260. Brain-imaging techniques, such as PET scans, MRI, and fMRI, provide extremely accurate and detailed images of the brain and have virtually no known limitations.  
A) True  
B) False
261. Some limitations of brain-imaging studies discussed in the Focus on Neuroscience feature in Chapter 1 include the fact that they typically involve a small number of participants and that they tend to focus on simple aspects of behavior.  
A) True  
B) False



262. The idea that brain-imaging studies may add little to explanations of psychological processes and are not necessarily more “scientific” than other approaches psychologists take are two of the limitations listed in Focus on Neuroscience.  
A) True  
B) False
263. Students who are enrolled in a psychology class can be forced to participate in experiments and other types of research as part of the course requirements.  
A) True  
B) False
264. The use of deception in psychology experiments has been banned by the American Psychological Association since the 1960s.  
A) True  
B) False
265. If a student is enrolled in a psychology class, then it is unnecessary to obtain an informed consent from the person if he or she is taking part in an experiment that is a requirement of the class.  
A) True  
B) False
266. When a student participates as a research subject to fulfill a course requirement, the student must be given a choice of an alternative activity to fulfill the course requirement.  
A) True  
B) False
267. “Informed consent” in a psychology experiment means that the research participants understand the nature of the study and that they are free to withdraw from the research at any time.  
A) True  
B) False
268. Researchers adhere to ethical guidelines by allowing students who don't want to participate in an experiment the option of choosing a different activity to fulfill the class requirement or to get extra credit.  
A) True  
B) False

269. Psychologists Craig Anderson and Karen Dill violated basic research ethics by exposing students to the harmful effects of video games.
- A) True
  - B) False
270. Comparative psychology is the branch of psychology that studies the behavior of different animal species.
- A) True
  - B) False
271. Comparative psychology studies the behavior of children and adults and compares their differences over the lifespan.
- A) True
  - B) False
272. Nonhuman animal participants are used in the vast majority of psychological studies conducted each year in this country.
- A) True
  - B) False
273. Although the American Psychological Association publishes guidelines governing the treatment of humans in psychological research, it does not have similar guidelines governing the use of animals in psychological research.
- A) True
  - B) False
274. Apes and monkeys are, by far, the most commonly used nonhuman animals in psychological research in the United States.
- A) True
  - B) False
275. Using nonhuman animal participants in research studies allows psychologists to exert a much higher degree of control over the experimental participants' environment than when human participants are involved.
- A) True
  - B) False

276. According to the APA guidelines, if certain research cannot be done with humans, then it is also not ethical to conduct that research with nonhuman animals.
- A) True
  - B) False
277. Anecdotal evidence is one of the strongest forms of scientific evidence.
- A) True
  - B) False
278. If the original source of a professional publication of a study is noted in a television or magazine report, you can be completely confident the findings of the study are valid and accurate.
- A) True
  - B) False
279. A common problem in trying to evaluate psychology research presented in the mass media is that reporters often want to boil complex psychological studies down to a 10-second sound bite.
- A) True
  - B) False
280. In evaluating psychological research presented in the mass media, it is important to look for the elements of good research design, including control groups, operational definitions of the variables being studied, and randomly assigned participants to the study conditions.
- A) True
  - B) False
281. If the words link, association, relationship, or connection appear in the headlines describing a psychological study, most likely the study being described is a correlational study.
- A) True
  - B) False
282. In evaluating psychological research presented in the mass media, it is important to remember that the words correlation and causality mean the same thing.
- A) True
  - B) False

283. Skepticism is the rule, not the exception, in science.
- A) True
  - B) False

## Answer Key

1. A
2. A
3. B
4. B
5. B
6. A
7. A
8. A
9. A
10. B
11. B
12. B
13. A
14. A
15. A
16. A
17. B
18. B
19. A
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37. B
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90. B

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

- 137. A
- 138. B
- 139. A
- 140. B
- 141. A
- 142. A
- 143. A
- 144. B
- 145. B
- 146. A
- 147. A
- 148. B
- 149. A
- 150. A
- 151. B
- 152. A
- 153. A
- 154. A
- 155. B
- 156. A
- 157. B
- 158. A
- 159. A
- 160. A
- 161. A
- 162. A
- 163. A
- 164. B
- 165. A
- 166. B
- 167. B
- 168. A
- 169. A
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- 278. B
- 279. A
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- 281. A
- 282. B
- 283. A

1. Edward Titchener is associated with which early approach or “school” of psychology?
  - A) behaviorism
  - B) structuralism
  - C) functionalism
  - D) psychoanalysis
  
2. Mary Whiton Calkins:
  - A) founded the first psychology laboratory in America at Yale University.
  - B) studied with Sigmund Freud and became the first female psychoanalyst in the United States.
  - C) is best known for her pioneering research on comparative psychology and for her book *The Animal Mind*.
  - D) conducted research on personality, dreams, and memory, and was the first woman elected president of the American Psychological Association.
  
3. Professor Diaz is studying the development of the human brain from infancy to early adulthood. She takes the \_\_\_\_\_ perspective and her specialty area is \_\_\_\_\_ psychology.
  - A) humanistic; social
  - B) evolutionary; cognitive
  - C) behavioral; social
  - D) biological; developmental
  
4. A collectivistic culture is one in which:
  - A) the self is seen as less interdependent with others compared to individualistic cultures.
  - B) a person's social behavior is influenced more by individual preference than by cultural values and norms.
  - C) a person's individual preferences and goals are considered to be more important than the requirements and goals of his or her social group.
  - D) the needs and goals of the group are considered to be more important than the needs and goals of the individual.
  
5. Evidence that is the result of observation, measurement, and experimentation is referred to as \_\_\_\_\_ evidence.
  - A) empirical
  - B) pseudoscientific
  - C) hypothetical
  - D) theoretical

6. Professor Wallace studied over 3,000 elderly individuals for a decade and found a statistically significant relationship between survival rate and number of close friends. Specifically, he found that elderly individuals with few close friends had a much higher death rate. To say that the results of his study are “statistically significant” means that:
- A) the finding has great practical value and significance.
  - B) there is a cause-and-effect relationship between the two variables.
  - C) the finding does not have to be replicated to be accepted by the scientific community.
  - D) the results are unlikely to have occurred by chance.
7. Dr. Ginsburg wants to study possible gender differences in the willingness of young children to engage in risky behaviors. To gather data, Ginsburg and a co-researcher carefully and unobtrusively observe the willingness of boys and girls to try risky behaviors at a local zoo, such as petting a burro or feeding different animals. Dr. Ginsburg is using \_\_\_\_\_ to gather data.
- A) naturalistic observation
  - B) a survey
  - C) the case study method
  - D) a representative sample
8. In an online survey, people were asked if they would cheat on their partner if there was no chance of getting caught. Approximately 23,000 internet users responded to the survey. Almost half of those responding said they would not, while the other half said they probably would. What is a significant limitation with surveys like this one?
- A) Not enough people responded to the survey, which means the results are not valid.
  - B) The survey involved respondents who volunteered to participate, so the sample was not representative of the overall population.
  - C) Participants tend to be less comfortable reporting sexual behaviors over the internet than discussing them in person or on the phone.
  - D) The survey did not follow a double-blind procedure, which means that expectancy effects probably slanted the results.
9. Professor Karney administered a psychological test measuring shyness to a large number of undergraduate students. The students also completed a lengthy questionnaire on their social life and activities, including number of friends. Professor Karney conducted a statistical analysis of the responses and found a correlation coefficient of  $-.80$  between level of shyness and number of friends. This indicates that:
- A) as number of friends increases, level of shyness increases.
  - B) as number of friends decreases, level of shyness increases.
  - C) there is no relationship between level of shyness and number of friends.
  - D) a cause-and-effect relationship exists between shyness and number of friends.

10. Correlational research is useful because it can:
- A) provide compelling evidence of cause-and-effect relationships.
  - B) help identify the factors that play an important role in the behavior that is being investigated and rule out the factors that do not.
  - C) provide a detailed description of a single individual.
  - D) promote the acceptance of pseudosciences.
11. A cognitive psychologist decides to study the effects of chess practice on math abilities in middle school students. All students are tested on a standard math test at the beginning of the study. Students are then randomly assigned to a chess group and a control group. Students in the chess group spend thirty minutes every school day learning chess strategy and playing chess. Students in the no-chess control group spend thirty minutes every school day watching educational television. At the end of three months, students take another standardized math test. The improvement or decline in their test score is computed and compared across the two groups. In this experiment, what is the DEPENDENT variable?
- A) the change in math test scores
  - B) playing chess or watching educational television
  - C) improvement in chess-playing ability
  - D) the number of chess matches won
12. In Crum and Langer's hotel experiment, the group of participants who were informed that housekeeping work was good exercise was the:
- A) placebo control group.
  - B) experimental group.
  - C) extraneous group.
  - D) control group or control condition.
13. Ginkgo biloba is an herb that is thought to increase blood flow in the brain and enhance memory processes. In a carefully controlled study investigating this claim, young adults were assigned to one of three groups. Those in group 1 took a capsule containing 120 milligrams of ginkgo biloba once a day. Those in group 2 took a capsule that looked identical but was a fake. Those in group 3 did not take any capsules. The participants assigned to group 2 constituted the \_\_\_\_\_ in this study.
- A) dependent variable
  - B) placebo control group
  - C) extraneous group
  - D) out-of-control group

14. When college students are enrolled in a class in which participation in psychological research is part of the course requirement:
- A) the researcher is not required to provide the student participants with information about the purpose of the research.
  - B) their reactions and behavior in experimental situations can be videotaped without their consent.
  - C) they should complain to the college administration because it is a violation of the ethical standards for psychological research to use students as research participants.
  - D) students must be given the choice of an alternative activity to fulfill the course requirement or earn extra credit.
15. Which of the following is NOT one of the brain-imaging techniques discussed in the Focus on Neuroscience section in the text?
- A) magnetic resonance imaging (MRI)
  - B) functional magnetic resonance imaging (fMRI)
  - C) transcranial magnetic stimulation (TMS)
  - D) positron emission tomography (PET)

## **Answer Key**

1. B
2. D
3. D
4. D
5. A
6. D
7. A
8. B
9. B
10. B
11. A
12. B
13. B
14. D
15. C



1. The first African American to earn a Ph.D. in psychology was:
  - A) Mary Whiton Calkins.
  - B) Francis C. Sumner.
  - C) Edward B. Titchener.
  - D) G. Stanley Hall.
  
2. The \_\_\_\_\_ perspective emphasizes studying how behavior is acquired or modified by environmental causes.
  - A) psychodynamic
  - B) humanistic
  - C) behavioral
  - D) biological
  
3. As one of the advocates of \_\_\_\_\_, \_\_\_\_\_ developed a theory of motivation that emphasized psychological growth.
  - A) functionalism; G. Stanley Hall
  - B) psychoanalysis; Sigmund Freud
  - C) humanistic psychology; Abraham Maslow
  - D) structuralism; Edward B. Titchener
  
4. Who wrote *On the Origin of Species*?
  - A) Sigmund Freud
  - B) John B. Watson
  - C) B. F. Skinner
  - D) Charles Darwin
  
5. The term \_\_\_\_\_ refers to the tendency to use one's own culture as the standard for judging other cultures.
  - A) ethnocentrism
  - B) expectancy effect
  - C) empirical
  - D) collectivistic

6. Which of the following titles would most likely be found in a research journal for biological psychology?
- A) "Increased levels of the hormone testosterone causes increased aggressive behavior in laboratory rats"
  - B) "The effects of compliments on helping behavior"
  - C) "Decreases in intellectual functioning can be reversed through increased mental activities in the older adult"
  - D) "Spacing rehearsals during learning improves long-term memory for nonsense syllables"
7. Professor Newberg decided to study the social activity level of senior citizens, so he visited a local retirement village and invited residents to participate in a lengthy survey. Professor Newberg's survey results are probably invalid because he did not use:
- A) a valid hypothesis.
  - B) an operational definition.
  - C) independent and dependent variables.
  - D) random selection of participants.
8. Of the following correlation coefficients, which represents the weakest relationship between two factors?
- A)  $-.67$
  - B)  $+.53$
  - C)  $+.32$
  - D)  $-.12$
9. Correlational research:
- A) can indicate causality in either a positive or a negative direction.
  - B) provides the most compelling evidence of a cause-and-effect relationship between two variables.
  - C) can reveal the degree to which two factors are related to or associated with each other in a systematic way.
  - D) has been banned by the American Psychological Association since the 1960s, but it is still allowed in other countries.

10. Several correlational studies point to the basic conclusion that the more time students spend playing violent video games, the greater their tendency to engage in delinquent behavior. Based on this result, you would be justified in stating that:
- A) playing violent video games causes delinquent behavior.
  - B) there is a positive correlation between delinquent behavior and playing violent video games.
  - C) there is a negative correlation between playing violent video games and delinquent behavior.
  - D) the researchers were conducting pseudoscientific research.
11. Researchers at the United Family Therapy Center are conducting a study to determine how quickly different forms of psychotherapy reduce symptoms of anxiety. What is the dependent variable in this study?
- A) change in the symptoms of anxiety
  - B) the method used to recruit participants for the study
  - C) the type of psychotherapy used to treat anxiety
  - D) the number of participants receiving each type of psychotherapy
12. Which of the following terms refers to a procedure that assures that all participants have an equal chance of being assigned to any of the experimental conditions?
- A) the double-blind technique
  - B) random assignment
  - C) the single-blind technique
  - D) random selection
13. According to the Science Versus Pseudoscience feature in Chapter 1, which of the following items is NOT one of the strategies used by proponents of pseudoscience to give credibility to their claims?
- A) shifting the burden of proof
  - B) use of irrefutable or nonfalsifiable claims
  - C) combining unfounded claims with established scientific findings
  - D) use of the scientific method and replication of their findings by other scientists

14. In a study described in Chapter 1, psychologist Paul Solomon and his colleagues investigated the effects of the herb ginkgo biloba on memory, concentration, and other mental tasks. All participants in the study took a battery of tests at the beginning and end of the six-week study. The results showed that:
- A) test scores increased about the same for the participants in the experimental group and for the participants in the placebo control group.
  - B) test scores actually decreased for the participants in the experimental group and increased slightly for the participants in the no-treatment control group.
  - C) test scores were virtually identical both times the participants were tested.
  - D) although test scores stayed about the same, participants in the study subjectively rated their memory and concentration as being significantly improved.
15. The use of dogs and cats in psychological research:
- A) is very common, especially in research investigating drug effects on sleep.
  - B) is prohibited by the American Psychological Association and the Association for Psychological Science.
  - C) is very common; approximately 90 percent of animals used in research are cats and dogs.
  - D) is rare.

## **Answer Key**

1. B
2. C
3. C
4. D
5. A
6. A
7. D
8. D
9. C
10. B
11. A
12. B
13. D
14. A
15. D