

# CHAPTER 1

## PSYCHOLOGY: YESTERDAY AND TODAY

### CHAPTER LEARNING OBJECTIVES

**1. Define psychology and describe the goals and levels of analysis psychologists use.**

- Psychology is the study of mental processes and behaviour.
- The goals of psychology are to *describe*, *explain*, *predict*, and *control* behaviour and mental processes. Psychologists vary in the degree to which they focus on some of these goals more than others.
- The study of psychology must occur at multiple levels, including the level of the *brain* (the biological activity associated with mental processes and behaviour), the level of the *person* (the content of mental processes), and the level of the *group* (social influences on behaviour).

**2. Describe the influences of early myths and ancient Greek philosophies on psychology.**

- Early explanations of human behaviour were rooted in superstition and magic.
- Later, philosophers, beginning with the ancient Greeks, tried to develop more objective theories of human consciousness and reality.
- The work of such early philosophers as Hippocrates, Socrates, Plato, and Aristotle contributed to the later formation of psychology as a natural science.

**3. Name important early psychologists and describe their major theories and research methods.**

- The development of psychology has been strongly influenced by shifts in the social environment and development of new technology.
- The first psychology laboratory was founded in Leipzig, Germany, by physiologist Wilhelm Wundt. Wundt was interested in human consciousness and will, which he studied through small, structured activities that could be easily watched and replicated.
- Structuralism, a school of thought developed by one of Wundt's students, relied upon the use of introspection, the careful observation of human perception. The goal of the structuralists was to find the smallest building blocks of consciousness.
- William James established the first psychology laboratory in the United States at Harvard. He helped shift the field's focus to the functions of mental events and behaviours, forming a school of thought known as functionalism.
- Gestalt psychologists studied human tendencies to perceive pattern rather than dividing consciousness into its smallest parts. They focused on putting together the "parts," or individual sensations, to create a "whole" or perception that went beyond the sum of the parts.

**4. Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.**

- Over the years, different fields of psychology emerged, with different ideas about what was the appropriate area of study for human psychology. Some of the most influential fields were the psychoanalytic, behaviourist, humanistic, cognitive, and neuroscience schools of

thought.

- Sigmund Freud's psychoanalytical theory focused on the importance of unconscious mental processes.
- Behaviourists believed strongly that psychology should restrict its focus to the careful study of observable behaviours.
- Humanistic psychologists reacted against the mechanical portrayals of people by the behaviourists, and emphasized individuals' potential for growth and self-actualization.
- Cognitive psychologists reignited interest in the study of mental processes, comparing the workings of the mind to the workings of computers.
- Biological science, including interest in the workings of the brain and in our genetic inheritance, was the major influence on neuroscience approaches.

**5. Describe the three major branches of psychology and summarize key trends in psychology.**

- The theoretical and cultural diversity of the field of psychology has increased dramatically over recent years.
- There are three key branches of psychology: academic, applied, and clinical/counselling.
- Across the three branches and many specialty areas in psychology, psychologists are united by their shared values. Psychologists generally agree that psychology is *theory-driven*, *empirical*, *multi-level*, and *contextual*.
- Currently, psychology appears to be developing as a science in response to a growing diversity throughout the field, advances in *technology* (such as brain scanning), and the development of *new schools* such as positive psychology.

## TRUE-FALSE STATEMENTS

1. Mental processes describe the activity of our brains when we are engaged in thinking.

Answer: True

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Define psychology and describe the goals and levels of analysis psychologists use.

Section Reference: What Is Psychology?

2. The levels of behavioural analysis include the brain, the individual, and the group.

Answer: True

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Define psychology and describe the goals and levels of analysis psychologists use.

Section Reference: What Is Psychology?

3. The history of psychology (and most other sciences) started with the history of philosophy.

Answer: True

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

4. Socrates believed that "truth" is an objective concept that is NOT dependent on perception.

Answer: False

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

5. By the 1800s, human beings were considered to be outside the influence of fixed natural laws.

Answer: False

Difficulty: Hard

Bloomcode: Knowledge

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

6. Structuralism was criticized for failing to study animal behaviour and abnormal behaviour.

Answer: True

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

7. Functionalists viewed the mind as an ever-changing stream of mental events.

Answer: True

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

8. Gestalt psychology is named after the German psychologist, Ernst Gestalt, who coined the term.

Answer: False

Difficulty: Hard

Bloomcode: Knowledge

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

9. Freud built his theory based on highly controlled, experimental procedures.

Answer: False

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

10. Freud's theory was never challenged by rigorous scientific study and remains the basis of modern psychological thoughts on human nature.

Answer: False

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

11. The principles of behaviourism have been applied to numerous industries.

Answer: True

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

12. Negative reinforcement is often confused with punishment.

Answer: True

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

13. According to humanists, all people have the potential for creativity, positive outlook, and the pursuit of higher values.

Answer: True

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

14. Psychobiology explores brain structure and brain activity as they relate to individual and group behaviours.

Answer: True

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

15. Lashley was an early psychobiologist who used surgical techniques to destroy brain areas in animals to observe changes in cognitive processes.

Answer: True

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

16. The largest Canadian professional organization for psychologists, the CPA, has approximately 7,000 members.

Answer: False

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

17. A clinical psychologist is the same as a psychiatrist.

Answer: False

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

18. In Canada, clinical psychologists cannot prescribe medications.

Answer: True

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

19. Psychology does NOT rely on controlled observations or experimentation.

Answer: False

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

20. Many Western cultures display individualistic attributes.

Answer: True

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

21. It is likely that psychology will become a part of biology in the future.

Answer: False

Difficulty: Medium

Bloomcode: Analysis

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

## MULTIPLE CHOICE QUESTIONS

22. What goal of psychology is associated with the desire to limit or increase behaviour?

- a) description
- b) explanation
- c) prediction
- d) control

Answer: d

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Define psychology and describe the goals and levels of analysis psychologists use.

Section Reference: What Is Psychology?

23. Psychology is defined as

- a) the science of behaviour.
- b) the study of mental processes.
- c) the study of mental disorders and their treatment.
- d) the science of behaviour and mental processes.

Answer: d

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Define psychology and describe the goals and levels of analysis psychologists use.

Section Reference: What Is Psychology?

24. How has the study of the mind changed across psychology's history?

- a) Psychologists have largely abandoned the study of the mind in favour of the examination of objective behaviour.
- b) Psychologists have found increasingly direct ways to study the mind.
- c) Psychologists have only very recently started to study the mind along with behaviour.
- d) To eliminate biases, psychologists have increasingly relied on indirect methods of studying the mind.

Answer: b

Difficulty: Hard

Bloomcode: Analysis

Learning Objective: Define psychology and describe the goals and levels of analysis psychologists use.

Section Reference: What Is Psychology?



25. Your text lists each of the following as a goal of psychology EXCEPT

- a) description.
- b) control.
- c) analysis.
- d) explanation.

Answer: c

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Define psychology and describe the goals and levels of analysis psychologists use.

Section Reference: What Is Psychology?

26. Which of the following goals of psychology is correctly matched with a description?

- a) Prediction – changing how often behaviour occurs.
- b) Control – making careful observations regarding behaviour.
- c) Description – determining the circumstances in which behaviour is likely to occur.
- d) Explanation – identifying the causes of behaviour.

Answer: d

Difficulty: Easy

Bloomcode: Comprehension

Learning Objective: Define psychology and describe the goals and levels of analysis psychologists use.

Section Reference: What Is Psychology?

27. Which of the following goals of psychology is correctly matched with an example?

- a) Description – A research assistant records the number of aggressive acts children display during a 15-minute recess period.
- b) Prediction – A sports psychologist determines whether increased testosterone produces increased aggression among student athletes.
- c) Explanation – A team of educators develops a program to decrease aggression among schoolchildren.
- d) Control – A researcher assesses whether adults are more likely to feel depressed when they have experienced recent major losses than when they have not.

Answer: a

Difficulty: Hard

Bloomcode: Comprehension

Learning Objective: Define psychology and describe the goals and levels of analysis psychologists use.

Section Reference: What Is Psychology?

28. After her boyfriend broke up with her, Genevieve began drinking. She now drinks every night and has started missing work because she feels “too sick” in the morning to get out of bed. Her

doctor has recommended she see a psychologist. On which goal of psychology would her psychologist most likely focus?

- a) description
- b) explanation
- c) prediction
- d) control

Answer: d

Difficulty: Medium

Bloomcode: Analysis

Learning Objective: Define psychology and describe the goals and levels of analysis psychologists use.

Section Reference: What Is Psychology?

29. A psychologist is interested in researching the link between playing violent video games and juvenile delinquency. Which goal of psychology is the researcher focused on?

- a) description
- b) explanation
- c) prediction
- d) control

Answer: c

Difficulty: Hard

Bloomcode: Analysis

Learning Objective: Define psychology and describe the goals and levels of analysis psychologists use.

Section Reference: What Is Psychology?

Page

30. Which of the following statements is true regarding the levels of analysis in psychology?

- a) Each thought or behaviour occurs at one of the following levels: the level of the brain, the level of the person, or the level of the group.
- b) The level of the brain is the most important level of analysis in psychology.
- c) Thoughts and behaviours are analyzed at the group level by sociologists and anthropologists, not by psychologists.
- d) All thoughts and behaviours occur at all three levels simultaneously.

Answer: d

Difficulty: Medium

Bloomcode: Evaluation

Learning Objective: Define psychology and describe the goals and levels of analysis psychologists use.

Section Reference: What Is Psychology?

31. When people who are involved in extreme sports such as sky diving, cliff jumping, or ice

climbing are asked why they are willing to take such risks, they often respond that they enjoy the “thrill”. What level of analysis does this example demonstrate?

- a) the brain
- b) the person
- c) the group
- d) the culture

Answer: b

Difficulty: Hard

Bloomcode: Evaluation

Learning Objective: Define psychology and describe the goals and levels of analysis psychologists use.

Section Reference: What Is Psychology?

32. How has psychology’s focus on the different levels of analysis changed over the history of the discipline?

- a) Brain-level and group-level analyses are more prevalent in today’s psychology than they were in the past.
- b) Group-level analyses are less prevalent in today’s psychology than they were in the past.
- c) Individual-level analyses are more prevalent in today’s psychology than they were in the past.
- d) Individual-level analyses are more prevalent in today’s psychology than they were in the past, while group-level analyses are less common now.

Answer: a

Difficulty: Hard

Bloomcode: Analysis

Learning Objective: Define psychology and describe the goals and levels of analysis psychologists use.

Section Reference: What Is Psychology?

33. Which level of analysis in psychology is correctly matched with an example?

- a) Brain level – At low doses, cocaine can improve performance on visual attention tasks, such as detecting specific stimuli appearing on a computer screen.
- b) Individual level – Cocaine abuse is associated with a history of violence and sexual abuse in the family.
- c) Brain level – Cocaine exerts its effects by prolonging the presence of specific chemicals at the junctions between nerve cells.
- d) Group level – Cocaine abuse is associated with high levels of the personality trait of neuroticism and with low levels of the trait of conscientiousness.

Answer: c

Difficulty: Hard

Bloomcode: Evaluation

Learning Objective: Define psychology and describe the goals and levels of analysis psychologists use.

Section Reference: What Is Psychology?

34. Based on your text's discussion, which statement best expresses the relationship between a culture and a group?

- a) A culture is the same thing as a group.
- b) A culture refers to the practices and beliefs of a group.
- c) Groups are subsets of a culture.
- d) Cultures are subsets of groups.

Answer: b

Difficulty: Medium

Bloomcode: Comprehension

Learning Objective: Define psychology and describe the goals and levels of analysis psychologists use.

Section Reference: What Is Psychology?

35. Jenna is a psychologist who has been trying to teach a woman from an Asian country to be more assertive in her marriage. Although she has tried many different approaches, the woman seems unwilling to take her advice. Which level of analysis might Jenna be failing to consider?

- a) the brain
- b) the person
- c) the group
- d) none of these. Jenna should keep trying.

Answer: c

Difficulty: Hard

Bloomcode: Analysis

Learning Objective: Define psychology and describe the goals and levels of analysis psychologists use.

Section Reference: What Is Psychology?

36. Which Greek philosopher's theory suggested that our physical and psychological health is influenced by humours, also known as bodily fluids?

- a) Hippocrates
- b) Socrates
- c) Plato
- d) Aristotle

Answer: a

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

37. Jeremy visits the art museum several times each year. Rather than just looking at each painting, he reflects on why certain pieces of art bring him pleasure. Jeremy's approach to viewing art would most resemble that of

- a) Hippocrates.
- b) Plato.
- c) Socrates.
- d) Aristotle.

Answer: c

Difficulty: Hard

Bloomcode: Application

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

38. Which philosopher believed that we can use logical or rational thinking to discover "core ideas" buried within the human soul?

- a) Hippocrates
- b) Socrates
- c) Plato
- d) Aristotle

Answer: c

Difficulty: Hard

Bloomcode: Knowledge

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

39. How do the goals of early religious practices compare to the goals of contemporary psychology?

- a) The goals of early religious practices contradict those of contemporary psychology.
- b) The goals of early religious practices are unrelated to those of contemporary psychology.
- c) The goals of early religious practices overlap a little with those of contemporary psychology.
- d) The goals of early religious practices are quite similar to those of contemporary psychology.

Answer: d

Difficulty: Medium

Bloomcode: Evaluation

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

40. Approximately when did Greek thinkers begin to substitute natural for supernatural explanations of nature and reality?

- a) in the seventh and eighth centuries BCE
- b) in the fourth and fifth centuries BCE
- c) in the first and second centuries BCE
- d) in the first and second centuries AD

Answer: b

Difficulty: Hard

Bloomcode: Knowledge

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

41. \_\_\_\_ is defined as the study of knowledge and reality.

- a) Philosophy
- b) Science
- c) Psychology
- d) Mythology

Answer: a

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

42. The view that theories are always tentative may be traced back to

- a) Greece.
- b) Rome.
- c) the Renaissance.
- d) the late nineteenth century.

Answer: a

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

43. Which Greek philosopher is correctly matched with a key idea?

- a) Hippocrates – suggested that we could use reasoning to discover the truth.
- b) Socrates – proposed that well-being and personality is influenced by humours.
- c) Plato – one of the first to promote empirical study of the natural world.
- d) Aristotle – concluded that humans are closely related to animals.

Answer: d

Difficulty: Hard

Bloomcode: Knowledge

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

44. Whereas the Greek philosopher \_\_\_\_ correctly identified the brain as the organ of mental life, \_\_\_\_ believed that the brain was of minor importance.

- a) Aristotle; Hippocrates
- b) Plato; Aristotle
- c) Hippocrates; Aristotle
- d) Hippocrates; Socrates

Answer: c

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

45. One similarity between Hippocrates and Aristotle is that they both

- a) proposed influential theories of personality.
- b) believed that theories should be tested empirically.
- c) believed that reason could uncover ultimate truths.
- d) viewed the brain as the seat of mental life.

Answer: b

Difficulty: Medium

Bloomcode: Analysis

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

46. The view that all knowledge originates in experience is known as

- a) associationism.
- b) tabula rasa.
- c) empiricism.
- d) determinism.

Answer: c

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

47. Tabula rasa refers to the idea that

- a) babies must acquire all knowledge through experience.
- b) babies are born with many innate ideas that will later be expressed when they develop c) language.
- c) babies are only capable of learning as their brain fully develops.
- d) babies are born with the wisdom of their ancestors.

Answer: a

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

48. Which of the following became known as the creator of empiricism?

- a) Francis Bacon
- b) Rene Descartes
- c) John Locke
- d) Gustav Fechner

Answer: a

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

49. Most Psychology researchers use the scientific method of gathering data, analyzing data, and performing experiments. This method was first established by

- a) Rene Descartes.
- b) Herman Von Helmholtz.
- c) Gustav Fechner.
- d) Francis Bacon.

Answer: d

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

50. The idea that the mind was the "province of God" can be attributed to



- a) Francis Bacon.
- b) Rene Descartes.
- c) John Locke.
- d) Johannes Muller.

Answer: b

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

51. Although many of the ideas of Francis Bacon and Rene Descartes were later proven to be incorrect, their most significant contribution to current day psychology was

- a) they shed light on the connection between the mind and the body.
- b) they demonstrated the role of experience in development.
- c) they established the scientific method for investigating questions.
- d) they combined empirical facts with philosophical thinking to explain the connection between the brain and the body.

Answer: c

Difficulty: Hard

Bloomcode: Evaluation

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

52. Kara believes that her new-born baby will only learn through exposure to new experiences. Kara's belief's most closely resemble those of

- a) Francis Bacon.
- b) Herman von Helmholtz.
- c) Rene Descartes.
- d) John Locke.

Answer: d

Difficulty: Hard

Bloomcode: Comprehension

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

53. The area of psychology that examines the relationship between physical stimuli and their psychological effects is known as

- a) tabula rasa.
- b) physiology.

- c) psychophysics.
- d) the scientific method.

Answer: c

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

54. Which of the following pioneered the area of psychophysics?

- a) Rene Descartes
- b) Johannes Muller
- c) Herman von Helmholtz
- d) Gustav Fechner

Answer: b

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

55. Brenda uses electric shock to stimulate the nerve of frog's leg and measures how much time it takes for the leg to move. Which of the following would have had the greatest influence on Brenda's experiment?

- a) Rene Descartes
- b) Johannes Muller
- c) Herman von Helmholtz
- d) Gustav Fechner

Answer: c

Difficulty: Hard

Bloomcode: Comprehension

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

56. Which of the following has been most greatly influenced by the work of Herman von Helmholtz?

- a) psychophysics
- b) sensation and perception
- c) neuroscience
- d) experimental psychology

Answer: c

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

57. Which of the following is considered to be one of the founders of experimental psychology?

- a) Rene Descartes
- b) Johannes Muller
- c) Herman von Helmholtz
- d) Gustav Fecher

Answer: d

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

58. When two sharp points are placed against a person's skin, the closer the two points are the more likely the person is to experience the sensation as only a single point. This research finding best demonstrates the psychological contribution of

- a) Rene Descartes.
- b) Johannes Muller.
- c) Herman von Helmholtz.
- d) Gustav Fechner.

Answer: d

Difficulty: Hard

Bloomcode: Application

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

59. The concept of natural selection was proposed by

- a) Gustav Fechner.
- b) Ivan Pavlov.
- c) Charles Darwin.
- d) Wilhelm Wundt.

Answer: c

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

60. It is possible giraffes with long necks live longer than those with short necks as they are able to eat leaves from tall trees that giraffes with shorter necks cannot reach. This statement best demonstrates the ideas of

- a) Charles Darwin.
- b) Wilhelm Wundt.
- c) Edward Titchener.
- d) John Locke.

Answer: a

Difficulty: Hard

Bloomcode: Comprehension

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

61. The theory that chance variations are passed down from parent to offspring and that some variations are adaptive is known as

- a) adaptive evolution.
- b) natural selection.
- c) theory of evolution.
- d) evolutionary adaptiveness.

Answer: b

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

62. Lillian believes that her behaviours arise out of deliberate decisions. This belief best reflects those of

- a) Charles Darwin.
- b) Wilhelm Wundt.
- c) Edward Titchener.
- d) William James.

Answer: b

Difficulty: Hard

Bloomcode: Comprehension

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

63. Which of the following examples best demonstrates the paradigm of voluntarism?

- a) During confrontation, a person instinctively lowers their eye gaze to indicate submissiveness.
- b) Lowering one's eye gaze during confrontation is an adaptive characteristic that evolved over time.
- c) Lowering one's eye gaze during confrontation is the result of fundamental sensory processes.
- d) Lowering one's eye gaze during confrontation reflects one's wilful decision to avoid a fight.

Answer: d

Difficulty: Hard

Bloomcode: Application

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

64. Wilhelm Wundt and Edward Titchener both believed that psychology should focus on

- a) the function of consciousness.
- b) basic elements of conscious experience.
- c) observable behaviours.
- d) the role of wilful acts of decision in behaviour.

Answer: b

Difficulty: Hard

Bloomcode: Analysis

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

65. What psychological school of thought is Titchener credited with founding?

- a) functionalism
- b) structuralism
- c) Gestalt
- d) voluntarism

Answer: b

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

66. Which term refers to "looking inward" and was a method of behavioural investigation developed by Wundt?

- a) functionalism
- b) structuralism
- c) voluntarism
- d) introspection

Answer: d

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

67. If you take a bite of an apple and concentrate on the fact that it is sweet, crunchy, cold, etc., which of the following would you be using?

- a) voluntarism
- b) empiricism
- c) introspection
- d) functionalism

Answer: c

Difficulty: Hard

Bloomcode: Application

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

68. Matthew is tasting a number of new foods. With every new food he tastes, he keeps an in-depth record of his conscious awareness of his experiences including sensation, images, feelings, and thoughts. Matthew is practicing

- a) structuralism.
- b) empiricism.
- c) functionalism.
- d) introspection.

Answer: d

Difficulty: Hard

Bloomcode: Application

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

69. If you take a bite of an apple and concentrate on why the apple might be crunchy rather than chewy, which of the following would you be using?

- a) voluntarism
- b) empiricism

- c) introspection
- d) functionalism

Answer: d

Difficulty: Hard

Bloomcode: Application

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

70. Which of the following was NOT a criticism of introspection?

- a) Introspection was shown to be unreliable.
- b) Scientists using introspection often arrived at diverse findings.
- c) Scientists using introspection focused too much on applying the findings to practical problems.
- d) Scientists using introspection failed to incorporate the study of animals into their research.

Answer: c

Difficulty: Hard

Bloomcode: Evaluation

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

71. Which American psychologist is credited with developing the functionalist approach?

- a) Freud
- b) Pavlov
- c) James
- d) Watson

Answer: c

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

72. Dr. Zoog and Dr. Fido are both studying the bicycle. Dr. Zoog is studying the mechanical components such as the wheels, the cogs, and the shape of the handlebars. Dr Fido, on the other hand, is studying how the bicycle could be used to reduce greenhouse gases. Which of the following is most accurate?

- a) Dr. Zoog's approach is similar to structuralism and Dr. Fido's is similar to functionalism.
- b) Dr. Zoog's approach is similar to functionalism and Dr. Fido's is similar to structuralism.
- c) Dr. Zoog's approach is similar to structuralism and Dr. Fido's is similar to behaviourism.
- d) Dr. Zoog's approach is similar to structuralism and Dr. Fido's is similar to voluntarism.

Answer: a

Difficulty: Hard

Bloomcode: Analysis

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

73. Which of the following statements is consistent with the approach of Gestalt psychology?

- a) The parts are greater than the whole.
- b) The parts are exactly equal to the whole.
- c) The whole is greater than the sum of its parts.
- d) The parts are unrelated to the whole.

Answer: c

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

74. Which historical development below is correctly dated?

- a) improvements in communication, transportation, and education – 1700s
- b) Greek philosophy exerts a new influence on European thought – 1400–1600
- c) humans are seen as machines subject to natural laws – 1900
- d) Darwin developed the theory of evolution – early 1800s

Answer: b

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

75. Which historical time period below is correctly matched with its relevance for the psychology's development?

- a) 1400–1600 – Humans are viewed as machines subject to the laws of matter.
- b) 1800 – Advances in education and communication have encouraged public interest in science.
- c) 1800s – Supernatural worldview fades.
- d) late 1800s – Theory of evolution spurs interest in the origin of human behaviour.

Answer: d

Difficulty: Medium

Bloomcode: Knowledge



Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

76. The formal beginning of psychology is associated with \_\_\_\_.

- a) Wundt
- b) Titchener
- c) James
- d) Ebbinghaus

Answer: a

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

77. Which of the following locations is associated with the formal beginning of psychology?

- a) Vienna, Austria
- b) Leipzig, Germany
- c) Oxford, England
- d) Prague, Czech Republic

Answer: b

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

78. In which year did Wundt begin operating the first psychology lab?

- a) 1829
- b) 1839
- c) 1859
- d) 1879

Answer: d

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

79. Wundt is to \_\_\_\_ as Titchener is to \_\_\_\_.

- a) voluntarism; structuralism
- b) structuralism; voluntarism
- c) structuralism; functionalism
- d) functionalism; structuralism

Answer: a

Difficulty: Medium

Bloomcode: Analysis

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

80. In his laboratory, Wundt applied rigorous, scientific experimentation to the study of

- a) problem solving.
- b) attention.
- c) memory.
- d) learning.

Answer: b

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

81. At which of the levels of analysis discussed in your text did Wundt examine thought and behaviour over the course of his career?

- a) the group level only
- b) the individual level
- c) both the brain and individual levels
- d) both the individual and group levels

Answer: d

Difficulty: Medium

Bloomcode: Comprehension

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

82. Dr. Leleux asserts that psychologists should attempt to identify the fundamental attributes of mental experience. Dr. Leleux appears most sympathetic to the \_\_\_\_ perspective in psychology.

- a) functionalist
- b) Gestalt
- c) structuralist
- d) humanistic

Answer: c

Difficulty: Medium

Bloomcode: Comprehension

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

83. A procedure in which an observer describes the simple elements of a complex experience in as much detail as possible is called \_\_\_\_.

- a) inner perception
- b) introspection
- c) internal observation
- d) introjection

Answer: b

Difficulty: Easy

Bloomcode: Comprehension

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

84. Lassandra takes a sip of cola. "Sweet ... cold, wet, tingly ... slightly bitter," she reports. Lassandra is

- a) introspecting.
- b) introjecting.
- c) taking an intelligence test.
- d) suffering a stroke.

Answer: a

Difficulty: Medium

Bloomcode: Comprehension

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

85. In which of the goals of psychology were the structuralists most interested?

- a) description
- b) prediction
- c) explanation
- d) control

Answer: a

Difficulty: Medium

Bloomcode: Application

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

86. Which of the following statements best expresses the fate of the structuralist perspective in psychology?

- a) The structuralist perspective was supplanted by other views.
- b) The structuralist perspective triumphed over alternative ones.
- c) The structuralist perspective continues to coexist with other views in psychology.
- d) The structuralist perspective has waned somewhat, but it remains highly influential.

Answer: a

Difficulty: Medium

Bloomcode: Comprehension

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

87. Which perspective most immediately replaced structuralism in the early days of scientific psychology?

- a) behaviourism
- b) humanism
- c) functionalism
- d) psychoanalytic theory

Answer: c

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

88. Which of the following statements best expresses the aim of the functionalist perspective?

- a) Functionalism seeks to identify what the mind contains.
- b) Functionalism seeks to determine the purpose of mental processes.
- c) Functionalism seeks to determine how mental experience is organized.
- d) Functionalism seeks to understand the influence of the unconscious mind.

Answer: b

Difficulty: Medium

Bloomcode: Comprehension

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

89. A time travel mishap lands you at one of the first psychology conferences ever held, sometime at the dawn of the twentieth century. The graying older scientists slowly losing their grip on the field are most likely \_\_\_\_, whereas the passionate young up-and-comers are probably \_\_\_\_.

- a) structuralists; functionalists
- b) functionalists; structuralists
- c) humanists; structuralists
- d) humanists; functionalists

Answer: a

Difficulty: Hard

Bloomcode: Analysis

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

90. With respect to the psychology of emotion, William James would be most interested in

- a) the contribution of unconscious memories to one's emotional experience.
- b) the basic nature of an emotional feeling or experience.
- c) how emotions aid one's adaptation to the environment.
- d) the observable behaviours accompanying emotional experience.

Answer: c

Difficulty: Medium

Bloomcode: Application

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

91. William James wrote an important early textbook in psychology called \_\_\_\_ of *Psychology*.

- a) *Handbook*
- b) *Elements*
- c) *Outline*
- d) *Principles*

Answer: d

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

92. The first psychologists to examine socially relevant topics were the

- a) structuralists.

- b) functionalists.
- c) behaviourists.
- d) Gestalt psychologists.

Answer: b

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

93. Gestalt psychology may be seen as a reaction to the \_\_\_\_ perspective.

- a) psychoanalytic
- b) humanist
- c) functionalist
- d) structuralist

Answer: d

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

94. The Gestalt psychologists made their most lasting contributions to the psychology of

- a) memory.
- b) perception.
- c) emotion.
- d) motivation.

Answer: b

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

95. Cognitive psychologists have determined that an individual letter is recognized more rapidly when it occurs in the context of a word than when it occurs in a random string of consonants. This finding is most clearly consistent with the \_\_\_\_ perspective in psychology's history.

- a) Gestalt
- b) psychoanalytic
- c) structuralist
- d) humanistic

Answer: a

Difficulty: Hard

Bloomcode: Application

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

96. Artie organizes the binders in his office by colour. This colour-coding exemplifies the Gestalt principle of \_\_\_\_.

- a) proximity
- b) similarity
- c) chromaticity
- d) closure

Answer: b

Difficulty: Medium

Bloomcode: Application

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

97. Which of the following sequences best reflects the order in which schools of thought developed in psychology's early history?

- a) structuralism – functionalism – voluntarism
- b) voluntarism – functionalism – structuralism
- c) voluntarism – structuralism – functionalism
- d) structuralism – voluntarism – functionalism

Answer: c

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

98. Which of the following early approaches to psychology originated in the United States?

- a) psychoanalytic theory
- b) Gestalt psychology
- c) voluntarism
- d) functionalism

Answer: d

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

99. Which perspective below is correctly matched with its description?

- a) structuralism – emphasized the purpose of mental processes.
- b) functionalism – emphasized the elements of mental experience.
- c) behaviourism – emphasized the unconscious determinants of behaviour.
- d) Gestalt psychology – emphasized the organization of perception.

Answer: d

Difficulty: Medium

Bloomcode: Comprehension

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

100. You have been trying for months to design a mousetrap that would cause no harm to the mouse. After many failed attempts, you suddenly see the solution clearly as if a “lightbulb” suddenly went off in your head. This description of problem solving best fits with the ideas of

- a) structuralists.
- b) functionalists.
- c) Gestaltists.
- d) psychoanalysts.

Answer: c

Difficulty: Hard

Bloomcode: Comprehension

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

101. Which of the following statements is consistent with Freud’s psychoanalytic theory?

- a) We are always aware of our motivations.
- b) Many of our thoughts and feelings reside in the unconscious mind.
- c) The conscious and unconscious mind are never in competition.
- d) Childhood experiences do not contribute to later psychological functioning.

Answer: b

Difficulty: Medium

Bloomcode: Comprehension

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches



102. After watching her father suffer and die from a serious illness, Maria mysteriously loses her sight even though there is nothing physically wrong with her eyes. Which of the following would Freud most likely have claimed to explain Maria's problem?

- a) negative childhood experience
- b) unconscious urges that maria could not freely express
- c) hysteria
- d) problems with psychological adjustment

Answer: c

Difficulty: Hard

Bloomcode: Application

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

103. Matt was experiencing insomnia because he repeatedly had graphic dreams about an inanimate object attacking him at work. He went to a therapist who told him that the dream was an attempt by his unconscious mind to communicate with his conscious mind. What kind of therapist did Matt most likely see?

- a) psychoanalyst
- b) cognitivist
- c) behaviourist
- d) humanist

Answer: a

Difficulty: Easy

Bloomcode: Analysis

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

104. Kleptomania is a term used to describe someone who cannot control the uncontrollable impulse to steal when there is no need or financial gain. Freud would say this behaviour is caused by

- a) negative childhood experiences.
- b) unconscious urges.
- c) the lack of rational thought.
- d) conflict between conscious and unconscious forces.

Answer: b

Difficulty: Hard

Bloomcode: Analysis

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

105. Which of the following was NOT a criticism of Freud's psychoanalytic theory?

- a) its focus on the unconscious
- b) his reliance on anecdotes and case histories of his patients
- c) the lack of support based on empirical research
- d) the focus on early childhood experience

Answer: d

Difficulty: Hard

Bloomcode: Comprehension

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

106. Which theorist pioneered the application of conditioning to young human children?

- a) Thorndike
- b) Watson
- c) Pavlov
- d) Skinner

Answer: b

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

107. Sara procrastinated when completing her homework, so her roommate decided to buy her dinner on Friday nights if she completed her homework before the weekend. This plan increased the incidence of Sara completing her homework before the weekend. In this example, which of the following is described?

- a) negative reinforcement
- b) positive reinforcement
- c) negative punishment
- d) positive punishment

Answer: b

Difficulty: Medium

Bloomcode: Analysis

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

108. What area of psychology focused on the potential of individuals and highlighted special

human qualities such as free will?

- a) humanism
- b) behaviourism
- c) psychoanalysis
- d) Gestaltism

Answer: a

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

109. What newer field investigates how cognitive processing varies across different populations?

- a) cultural psychology
- b) cognitive psychology
- c) behavioural genetics
- d) psychobiology

Answer: a

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

110. The psychoanalytic theory originated in the work of \_\_\_\_, a Viennese neurologist.

- a) Freud
- b) Maslow
- c) Jung
- d) Bandura

Answer: a

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

111. Noreen asserts that our behaviour often reflects unconscious motives and conflicts. This viewpoint is most consistent with the \_\_\_\_ perspective in psychology.

- a) humanistic
- b) psychoanalytic
- c) cognitive
- d) psychobiological

Answer: b

Difficulty: Medium

Bloomcode: Application

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

112. Which of the following types of evidence provided the foundation for Freud's psychoanalytic theory?

- a) survey responses of large samples of adults
- b) observations of adults in everyday contexts
- c) archival data: newspaper reports, historical records, and the like
- d) case studies of patients in therapy

Answer: d

Difficulty: Medium

Bloomcode: Analysis

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

113. Which statement best captures Freud's view of the relationship between the conscious and the unconscious minds?

- a) The conscious and unconscious minds operate in isolation from one another.
- b) The conscious and unconscious minds cooperate harmoniously.
- c) The conscious and unconscious minds are often in conflict.
- d) The conscious and unconscious minds are essentially the same.

Answer: c

Difficulty: Medium

Bloomcode: Comprehension

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

114. To what extent has empirical research supported psychoanalytic theory?

- a) Empirical research generally does not support psychoanalytic theory.
- b) Empirical research offers moderate support for psychoanalytic theory.
- c) Empirical research strongly supports psychoanalytic theory.
- d) Empirical research has not addressed psychoanalytic theory.

Answer: a

Difficulty: Hard

Bloomcode: Analysis

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

115. Which of the following theoretical approaches in psychology emphasized the influence of childhood on adult thought and behaviour?

- a) Gestalt psychology
- b) psychoanalytic theory
- c) structuralism
- d) cognitive psychology

Answer: b

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

116. Which of the following alternatives best expresses the influence of psychoanalytic theory in psychology?

- a) It has become increasingly influential in recent years.
- b) Its influence has greatly declined over the years. Psychoanalytic theory is really only of historical interest at this point.
- c) It has never been broadly influential in psychology.
- d) It has had a significant, continuing impact in psychology.

Answer: d

Difficulty: Hard

Bloomcode: Analysis

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

117. Penny is a recovering drug addict. Her treatment program emphasizes the influence of her environment—"people, places, and things"—on her use of her drug of choice. Her program reflects the \_\_\_\_ approach in psychology.

- a) psychoanalytic
- b) behaviourist
- c) humanistic
- d) psychobiological

Answer: b

Difficulty: Hard

Bloomcode: Application

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

118. Stimulus is to response as \_\_\_\_ is to \_\_\_\_.

- a) environment; behaviour
- b) behaviour; environment
- c) behaviour; mind
- d) unconscious; conscious

Answer: a

Difficulty: Medium

Bloomcode: Analysis

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

119. The development of behaviourism reflected the work of both American and \_\_\_\_ psychologists.

- a) German
- b) Austrian
- c) Russian
- d) French

Answer: c

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

120. Which behaviourist below is correctly matched with a description or contribution?

- a) Bandura – demonstrated the conditioning of fear in children.
- b) Pavlov – demonstrated learning through social observation.
- c) Watson – credited with the discovery of conditioning.
- d) Skinner – was the leading behaviourist after World War II.

Answer: d

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

121. Which of the following sequences reflects the order in which the behaviourists discussed in your text made their most important contributions to the field, from the earliest to the most recent?

- a) Watson – Bandura – Pavlov – Skinner
- b) Pavlov – Watson – Skinner – Bandura
- c) Watson – Pavlov – Bandura – Skinner
- d) Pavlov – Watson – Bandura – Skinner

Answer: b

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

122. Consider the influence of consequences on behaviour. Which alternative correctly describes the consequences that increase the frequency of behaviour, and decrease it on the other?

- a) Both positive and negative reinforcement increase the frequency of behaviour. Punishment decreases it.
- b) Positive reinforcement increases the frequency of behaviour. Punishment decreases it.
- c) Positive reinforcement increases the frequency of behaviour. Both negative reinforcement and punishment decrease it.
- d) Positive reinforcement increases the frequency of behaviour. Negative reinforcement decreases it.

Answer: a

Difficulty: Hard

Bloomcode: Comprehension

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

123. Consider the following scenarios: (1) Marie takes an aspirin when she has a headache; (2) Jan slides a dollar bill into a vending machine when she's thirsty; (3) Tammy makes her curfew now because her parents confiscated her phone when she stayed out too late; and (4) Frankie no longer curses because his mom washed his mouth out with soap the last time he swore. Which of these individuals illustrates the effects of negative reinforcement? Which of these individuals illustrates the effects of punishment?

- a) Negative reinforcement – Marie and Tammy; punishment – Frankie
- b) Negative reinforcement – Marie and Frankie; punishment – Tammy
- c) Negative reinforcement – Marie; punishment – Tammy and Frankie
- d) Negative reinforcement – Marie and Jan; punishment – Tammy and Frankie

Answer: c

Difficulty: Hard

Bloomcode: Application

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

124. Which of the following criticisms was levelled at behaviourism when it became a prominent approach in psychology?

- a) "Behaviourism lacks practical application to the real world."
- b) "Behaviourism's popularization lowers its scientific credibility."
- c) "Behaviourism lacks scientific rigour."
- d) "Behaviourism is not a coherent perspective."

Answer: b

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

125. A psychological approach that combines conditioning and cognition to explain human behaviour is

- a) behaviourism.
- b) humanism.
- c) cognitive behaviour.
- d) psychoanalytic.

Answer: c

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

126. Dr. Zilva is treating Thomas for panic attacks. She suggests that Thomas may not be breathing deeply enough when he begins to feel anxious. The lack of oxygen might then be causing Thomas to think he is having a heart attack, thereby escalating his anxiety to a state of panic. Which of the following approaches is Dr. Zilva using to treat Thomas?

- a) psychoanalytic
- b) behavioural
- c) cognitive behavioural
- d) humanist

Answer: c

Difficulty: Hard

Bloomcode: Application



Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

127. Dr. Matthews examines the influence of video-game violence on aggressive behaviours among middle-school students. Dr. Matthews' work reflects the impact of which of the following behaviourists?

- a) Watson
- b) Pavlov
- c) Thorndike
- d) Bandura

Answer: d

Difficulty: Medium

Bloomcode: Analysis

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

128. According to your text, Bandura's work implied the influence of internal, mental representations on behaviour. Bandura's work, therefore, helped enable the development of the \_\_\_\_ approach in psychology.

- a) humanistic
- b) functionalist
- c) psychobiological
- d) cognitive

Answer: d

Difficulty: Medium

Bloomcode: Evaluation

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

129. Humanistic psychology represented a reaction to the \_\_\_\_ perspective(s) in psychology.

- a) psychoanalytic and behaviourist
- b) psychoanalytic
- c) behaviourist
- d) cognitive and psychoanalytic

Answer: a

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

130. Which of the following ideas did the humanists reject most explicitly?

- a) the notion that human behaviour is driven by basic motives
- b) the idea that consciousness can be studied objectively
- c) the notion that humans are just animals
- d) the idea that the mind is highly subjective

Answer: c

Difficulty: Hard

Bloomcode: Comprehension

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

131. At the heart of the humanistic perspective is the concept of \_\_\_\_.

- a) environmental determinism
- b) free will
- c) natural selection
- d) unconscious conflict

Answer: b

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

132. "Be all that you can be!" exhorted a recruitment campaign for the military in the 1990s. The campaign suggests that joining the armed forces is the royal road to the fulfillment of one's potential, or \_\_\_\_ in the words of the humanists.

- a) self-esteem
- b) self-awareness
- c) self-actualization
- d) self-efficacy

Answer: c

Difficulty: Medium

Bloomcode: Application

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

133. With respect to self-actualization, which of the following statements is true?

- a) Self-actualization is the inevitable outcome of healthy adult development.
- b) Self-actualized individuals are quite rare.
- c) Self-actualization produces self-esteem.
- d) Self-actualization is necessary for one to give and receive love.

Answer: b

Difficulty: Hard

Bloomcode: Application

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

134. Andy's therapist validates his feelings by reflecting his statements back to him and by acting in a warm, nondirective manner. Which type of therapy does Andy's therapist provide?

- a) client-centred therapy
- b) psychoanalytic therapy
- c) behavioural therapy
- d) cognitive therapy

Answer: a

Difficulty: Medium

Bloomcode: Application

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

135. Ulrich Neisser's influential text *Cognitive Psychology* was published in the year \_\_\_\_.

- a) 1947
- b) 1957
- c) 1967
- d) 1977

Answer: c

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

136. Driving to work one day, Rosemary suspects that motorists talking on their cell phones process less information relevant to the task of driving than do other drivers. This hypothesis would most likely be tested by a \_\_\_\_ psychologist.

- a) psychoanalytic
- b) cognitive
- c) behaviouristic

d) humanistic

Answer: b

Difficulty: Hard

Bloomcode: Application

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

137. By the information processing perspective in psychology, hardware is to software as \_\_\_\_ is to \_\_\_\_.

- a) brain; mind
- b) mind; brain
- c) mind; behaviour
- d) unconscious; conscious

Answer: a

Difficulty: Hard

Bloomcode: Analysis

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

138. Both the structuralists and the cognitive psychologists investigated the conscious mind. How did the cognitive psychologists differ from the structuralists in their approach to the mind?

- a) The cognitive psychologists examined the mind's processes, whereas the structuralists investigated its contents.
- b) The cognitive psychologists examined the mind's contents, whereas the structuralists investigated its processes.
- c) The cognitive psychologists attempted to apply the scientific method to the study of the mind. The structuralists did not.
- d) There is little difference between the two perspectives in their approach to the mind. The cognitive approach represents a modern-day resurgence of the structuralist perspective.

Answer: a

Difficulty: Medium

Bloomcode: Analysis

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

139. Having been stranded at the dawn of the twentieth century in a time travel mishap, you attempt to return to the present day. As the smoke clears and the dust settles, though, you find that it is actually the early 1960s. Which of the following statements best describes the theoretical landscape in psychology at the time?

- a) Behaviourism was becoming more influential, while humanism and cognitive psychology were waning.
- b) Humanism was becoming more influential, while behaviourism and cognitive psychology were waning.
- c) Humanism and behaviourism were becoming more influential, while cognitive psychology was waning.
- d) Humanism and cognitive psychology were becoming more influential, while behaviourism was waning.

Answer: d

Difficulty: Hard

Bloomcode: Analysis

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

140. Which twentieth-century perspective in psychology is correctly matched with its emphasis?

- a) Psychoanalytic perspective -- emphasizes people's motivation to grow and develop and gain control over their destinies.
- b) Humanistic perspective -- emphasizes how people process information.
- c) Behavioural perspective -- emphasizes observable behaviour and objectivity.
- d) Cognitive psychology -- emphasizes the unconscious influences on thought and behaviour.

Answer: c

Difficulty: Medium

Bloomcode: Analysis

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

141. Dr. Greenway argues that psychology should focus on observable, measurable behaviour. Dr. Cech suggests that psychology should study how people think and process information about the world. Which option below correctly identifies their respective perspectives?

- a) Dr. Greenway – psychoanalytic perspective; Dr. Cech – humanistic perspective
- b) Dr. Greenway – behaviourist perspective; Dr. Cech – humanistic perspective
- c) Dr. Greenway – cognitive perspective; Dr. Cech – behaviourist perspective
- d) Dr. Greenway – behaviourist perspective; Dr. Cech – cognitive perspective

Answer: d

Difficulty: Medium

Bloomcode: Evaluation

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

142. Which psychologist is correctly matched with an associated perspective?

- a) Maslow – cognitive
- b) Freud – behaviourist
- c) Rogers – humanistic
- d) Skinner – psychoanalytic

Answer: c

Difficulty: Easy

Bloomcode: Comprehension

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

143. Which of the following sequences reflects the order in which twentieth-century perspectives in psychology originated, from the earliest to the most recent?

- a) psychoanalytic – humanism – behaviourism
- b) psychoanalytic – behaviourism – humanism
- c) cognitive – psychoanalytic – humanism
- d) behaviourism – cognitive – psychoanalytic

Answer: b

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

144. Which of the following alternatives best expresses the relationship between the terms *psychobiology* and *neuroscience*?

- a) The terms are used interchangeably.
- b) The term 'psychobiology' has replaced the term 'neuroscience.'
- c) The term 'neuroscience' has replaced the term 'psychobiology.'
- d) The terms refer to different fields in psychology.

Answer: c

Difficulty: Medium

Bloomcode: Comprehension

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

145. While \_\_\_\_ attempted to identify the brain areas involved in learning, memory, and cognition; \_\_\_\_ tried to determine the functions of the brain's hemispheres.

- a) Sperry; Lashley
- b) Wilson; Barash

- c) Barash; Wilson
- d) Lashley; Sperry

Answer: d

Difficulty: Medium

Bloomcode: Comprehension

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

146. Donald Hebb used the term *cell assembly* to describe

- a) the production of new brain cells.
- b) the communication between cells in the brain.
- c) a strengthening of synaptic connections with repeated stimulation.
- d) the loss of memory due to cell death in the brain.

Answer: c

Difficulty: Hard

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

147. When Sally sees a cat for the first time, a group of cells are activated in a specific order. According to Donald Hebb, what will happen in Sally's brain with repeated exposure to a cat?

- a) The same cells will be activated, but will respond slower.
- b) The same cells will be activated and stronger synaptic connections will develop.
- c) The same cells will be activated responding in the same way as the first time.
- d) Different cells will be activated.

Answer: c

Difficulty: Hard

Bloomcode: Application

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

148. Dr. Brainiac is a researcher who believes that repeated exposure to a stimulus will cause the same group of brain cells to respond faster and more efficiently. With which neuropsychologist's perspective does Dr. Brainiac agree?

- a) Donald Hebb
- b) Karl Lashley
- c) Roger Sperry
- d) Hubel and Wiesel

Answer: a

Difficulty: Hard

Bloomcode: Application

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

149. Which statement below describes the relationship among evolutionary psychology, behavioural genetics, and sociobiology?

- a) Behavioural genetics and sociobiology may be seen as subfields of evolutionary psychology.
- b) Behavioural genetics and evolutionary psychology may be seen as subfields of sociobiology.
- c) They are distinct fields of psychology.
- d) Sociobiology and evolutionary psychology may be seen as subfields of behavioural genetics.

Answer: a

Difficulty: Hard

Bloomcode: Evaluation

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

150. Dr. Lynch is a behavioural geneticist. Dr. Veazey is a sociobiologist. Which of the following alternatives best describes their areas of research interest?

- a) Both Dr. Lynch and Dr. Veazey are interested in the biological bases of social behaviour.
- b) Both Dr. Lynch and Dr. Veazey study the biological bases of cognition.
- c) Dr. Lynch is interested in the biological bases of cognition, whereas Dr. Veazey studies the biological bases of social behaviour.
- d) Dr. Lynch is interested in the biological bases of emotion, whereas Dr. Veazey studies the biological bases of social behaviour.

Answer: c

Difficulty: Medium

Bloomcode: Application

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

151. Dr. Perkins is a sociobiologist interested in teamwork and leadership in work settings. Based on your text's discussion, which of the following statements would he probably endorse?

- a) Both genetic and social influences contribute to teamwork and leadership behaviour.
- b) Genetic influences on teamwork and leadership behaviour are more important than social influences on those behaviours.
- c) Genetic influences on teamwork and leadership behaviour are less important than social influences on those behaviours.
- d) Teamwork and leadership behaviours are based in the brain.



Answer: a

Difficulty: Medium

Bloomcode: Evaluation

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

152. Dr. Bowen claims that inheritance exerts a strong influence on thought and behaviour. Which of the following is the most specific claim you can make with some certainty?

- a) Dr. Bowen is a behavioural geneticist.
- b) Dr. Bowen is an evolutionary psychologist.
- c) Dr. Bowen is a sociobiologist.
- d) Dr. Bowen is a neuroscientist.

Answer: b

Difficulty: Hard

Bloomcode: Evaluation

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

153. Which of the following statements best describes the influence of evolutionary psychology in psychology's history?

- a) It has never been a strong influence in psychology.
- b) Its influence has remained steady throughout psychology's history.
- c) Its influence has declined in recent years.
- d) Its influence has increased in recent years.

Answer: d

Difficulty: Easy

Bloomcode: Comprehension

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

154. How do cultural universals and similarities between twins raised apart, respectively, inform the nature vs. nurture debate?

- a) Cultural universals support the 'nature' position, while similarities between twins raised apart support the 'nurture' position.
- b) Cultural universals support the 'nurture' position, while similarities between twins raised apart support the 'nature' position.
- c) Cultural universals and similarities between twins raised apart support the 'nurture' position.
- d) Cultural universals and similarities between twins raised apart support the 'nature' position.

Answer: d

Difficulty: Hard

Bloomcode: Evaluation

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

155. How many different specialties of psychology are represented in the organizations such as Canadian Psychological Association, Canadian Society for Brain, Behaviour and Cognitive Science, and American Society for Neuroscience?

- a) 10
- b) 19
- c) 32
- d) more than 50

Answer: d

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

156. While seeking professional help, Jordan noticed that some mental health professionals were listed with M.D following their names, while others were listed with Ph.D. following their names. Which group of professionals are listed as M.D.s?

- a) clinical psychologists
- b) counselling: psychologists
- c) psychiatrists
- d) psychiatric social workers

Answer: c

Difficulty: Medium

Bloomcode: Comprehension

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

157. What degree is awarded by graduate programs in psychology that places less emphasis on research and greater emphasis on psychotherapy and testing?

- a) Psy.D.
- b) D.S.W.
- c) M.D.
- d) Ph.D.

Answer: a

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

158. Which of the following is NOT a typical symptom related to depression?

- a) feelings of helplessness
- b) neurotransmitter imbalances
- c) significant achievements
- d) feelings of hopelessness

Answer: c

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

159. With respect to psychology today, which of the following statements is most true?

- a) A single theoretical orientation dominates present-day psychology.
- b) Ultimately, a unified theory of behaviour and mental processes will emerge.
- c) Multiple theoretical approaches exist in psychology because we have made little progress in understanding thought and behaviour.
- d) Psychology is diverse in its theoretical orientations because the subject matter of psychology is diverse.

Answer: d

Difficulty: Hard

Bloomcode: Evaluation

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

160. Professional organizations to which psychologists might belong include all of the following EXCEPT

- a) the Society for Psychological Inquiry.
- b) the Canadian Society for Brain Behaviour and Cognitive Science.
- c) the American Society for Neuroscience.
- d) the Canadian Psychological Association.

Answer: a

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

161. Jill recently received her Ph. D. in psychology. All else being equal, there is a 25%-30% chance that she works in a(n)

- a) hospital.
- b) college or university.
- c) corporation.
- d) human service agency.

Answer: b

Difficulty: Medium

Bloomcode: Comprehension

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

162. Which of the following alternatives correctly identifies and describes one of the three key branches of contemporary psychology described in your text?

- a) clinical and counselling psychology -- involves the use of psychological principles to solve practical problems
- b) general psychology -- entails research and instruction on a variety of psychological topics
- c) applied psychology -- involves using psychological principles to help people cope effectively
- d) academic psychology -- entails research and instruction on a variety of psychological topics

Answer: d

Difficulty: Medium

Bloomcode: Comprehension

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

163. Dr. Ying examines how limitations on human attention and memory may guide the design of computer interfaces. Dr. Krevetsky helps young adults make effective career and work decisions. Finally, Dr. Leonard teaches and performs research in social psychology at a university. Which psychologist is correctly matched with the branch of psychology she represents?

- a) Dr. Ying -- academic psychology
- b) Dr. Krevetsky -- clinical and counselling psychology
- c) Dr. Leonard -- applied psychology
- d) Dr. Krevetsky -- applied psychology

Answer: b

Difficulty: Medium

Bloomcode: Comprehension

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

164. The roots of psychology's academic, applied, and clinical/counselling branches are found in psychology's early days in the late nineteenth and early twentieth centuries. Which branch of psychology is matched with the theoretical approach most sympathetic to its development?

- a) academic psychology – structuralism
- b) applied psychology – psychoanalytic psychology
- c) clinical and counselling psychology – Gestalt psychology
- d) clinical and counselling psychology – structuralism

Answer: a

Difficulty: Hard

Bloomcode: Evaluation

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

165. Which of the following mental health practitioners is correctly matched with a title?

- a) Dionne, who holds a Ph. D. degree – psychiatrist
- b) Everett, who has an M. D. degree – clinical psychologist
- c) Fallon, who graduated with a Psy. D. degree – clinical psychologist
- d) Garrett, who received an M. S. W. degree – counselling psychologist

Answer: c

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

166. Which of the following statements is true regarding the difference between the Ph. D. and the Psy. D. degrees?

- a) The Psy. D. is awarded in counselling psychology but not clinical psychology.
- b) The Ph. D. is more focused on original research than is the Psy. D.
- c) Psychiatrists may hold the Ph. D. but not the Psy. D. degree.
- d) The Ph. D. is more focused on psychotherapy than is the Psy. D.

Answer: b

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

167. Ph. D. is to M. D. as \_\_\_ is to \_\_\_\_.
- a) psychiatrist; psychologist
  - b) counselling psychology; clinical psychologist
  - c) counselling psychologist; psychiatric social worker
  - d) psychologist; psychiatrist

Answer: d

Difficulty: Easy

Bloomcode: Analysis

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

168. Which of the following sequences best reflects the relative emphasis on psychological testing in Psy. D., Ph. D., and M. D. programs, from the most emphasis to the least?
- a) M. D. – Ph. D. – Psy. D
  - b) M. D. – Psy. D. – Ph. D
  - c) Ph. D. – M. D. – Psy. D
  - d) Ph. D. – Psy. D – M. D.

Answer: a

Difficulty: Hard

Bloomcode: Evaluation

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

169. Which type(s) of mental health practitioners can prescribe drugs?
- a) psychiatrists and, in Canada, psychologists
  - b) psychiatrists only
  - c) psychiatrists and, in a few provinces, psychologists
  - d) psychologists and, in a few states, psychiatrists

Answer: b

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

170. At age 18, Stephen had his first schizophrenic episode. Which type of mental health practitioner should Stephen see?
- a) a social worker

- b) clinical psychologist
- c) psychiatrist
- d) counsellor

Answer: c

Difficulty: Hard

Bloomcode: Application

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

171. According to your text, the shared values of all three branches of psychology include each of the following EXCEPT

- a) the idea that psychology is empirical.
- b) a commitment to a single level of analysis.
- c) an endorsement of theory-driven work.
- d) an emphasis on context.

Answer: b

Difficulty: Medium

Bloomcode: Analysis

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

172. Neuroscientists believe that depression is caused in part by ineffective use of a neurochemical in the brain called serotonin. Which shared value of psychology does this describe?

- a) Psychology is theory-driven.
- b) Psychology is empirical.
- c) Psychology is multi-level.
- d) Psychology is contextual.

Answer: a

Difficulty: Hard

Bloomcode: Analysis

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

173. One criticism of Freud's psychoanalytic theory is that many of its concepts are NOT supported by research findings. Which shared value of psychology does this describe?

- a) Psychology is theory-driven.
- b) Psychology is empirical.
- c) Psychology is multi-level.

d) Psychology is contextual.

Answer: b

Difficulty: Hard

Bloomcode: Analysis

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

174. When discussing depression, it is important to recognize that it is influenced by both biological and environmental factors. This statement demonstrates the shared value that

- a) psychology is theory-driven.
- b) psychology is empirical.
- c) psychology is multi-level.
- d) psychology is contextual.

Answer: c

Difficulty: Hard

Bloomcode: Comprehension

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

175. Although introspection is no longer recognized as a valid research method, it should be acknowledged for the important contribution it made in the history of psychology. This is particularly true given the time period in which it was developed. Which shared value does this demonstrate?

- a) Psychology is theory-driven.
- b) Psychology is empirical.
- c) Psychology is multi-level.
- d) Psychology is contextual.

Answer: d

Difficulty: Hard

Bloomcode: Comprehension

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

176. Which of the following shared values in psychology is correctly described?

- a) a commitment to theory-driven work – psychology includes intelligent speculation among its methods
- b) an endorsement of empirical research – the brain, the individual, and the group must all be considered in psychological work
- c) an acceptance of multilevel analyses – psychologists value ideas with strong research support



d) a recognition of the importance of context – psychological theory is shaped by social and technological forces

Answer: d

Difficulty: Hard

Bloomcode: Evaluation

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

177. Dr. McIntyre believes that psychology should focus investigation solely on the brain. Dr. Napolitano argues that psychology should develop its explanations of thought and behaviour in isolation from social and technological forces, which change rapidly and unpredictably. Which psychological values do Drs. McIntyre and Napolitano seem NOT to share?

- a) Dr. McIntyre does not share a commitment to theory-driven work, while Dr. Napolitano does not endorse empirical research.
- b) Dr. McIntyre does not endorse empirical research, while Dr. Napolitano does not share a commitment to theory-driven work.
- c) Dr. McIntyre does not recognize the importance of context, while Dr. Napolitano does not accept multilevel analyses.
- d) Dr. McIntyre does not accept multilevel analyses, while Dr. Napolitano does not recognize the importance of context.

Answer: d

Difficulty: Hard

Bloomcode: Evaluation

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

178. Currently, women comprise about \_\_\_\_% of psychologists. Minority group members are awarded approximately \_\_\_\_% of the new Ph. Ds in psychology.

- a) 50; 15
- b) 70; 15
- c) 70; 25
- d) 50; 25

Answer: b

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

179. A cultural psychologist would describe Canadian culture as \_\_\_\_\_. She would describe

Chinese culture as \_\_\_\_.

- a) individualistic; collectivist
- b) individualistic; communal
- c) collectivist; collectivist as well
- d) individualistic; individualistic as well

Answer: a

Difficulty: Easy

Bloomcode: Comprehension

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

180. Rob is an American college student. Yoon-Sook is a Korean college student. Research described in your text suggests that Rob would attribute happiness to \_\_\_\_\_. Yoon-Sook would attribute it to \_\_\_\_\_.

- a) interpersonal interactions; personal achievements
- b) interpersonal interactions; interpersonal interactions, too
- c) personal achievements; interpersonal interactions
- d) personal achievements; personal achievements, too

Answer: c

Difficulty: Medium

Bloomcode: Analysis

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

181. Your text describes research examining the prevalence of positive emotions, such as happiness, in different parts of the United States. Based on your text's discussion of this work, which of the following might you conclude?

- a) Positive emotions are equally prevalent in the different regions of the United States.
- b) Positive emotions are more prevalent in the South than in other regions of the United States.
- c) The culture of the South is more individualistic than is the culture in the rest of the United States.
- d) The culture of the South is more collectivist than is the culture in the rest of the United States.

Answer: d

Difficulty: Hard

Bloomcode: Evaluation

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

182. The advent of computer technology in the 1950s and 1960s spurred growth in the field of

\_\_\_\_. More recently, advances in imaging have sparked the field of \_\_\_\_.

- a) cognitive psychology; neuroscience
- b) neuroscience; cognitive psychology
- c) experimental psychology; neuroscience
- d) developmental psychology; neuroscience

Answer: a

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

183. Dr. Olivier examines changes in participants' brain activity as they use different pieces of information to make complex decisions. Dr. Pang examines changes in brain activity when participants explain the behaviour of a research assistant posing as another participant. Dr. Olivier is best described as a(n) \_\_\_\_ neuroscientist. Dr. Pang is probably a(n) \_\_\_\_ neuroscientist.

- a) cognitive; cognitive
- b) cognitive; social
- c) cognitive; experimental
- d) experimental; social

Answer: b

Difficulty: Medium

Bloomcode: Analysis

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

184. Which pioneering woman in psychology is correctly matched with a 'first'?

- a) Mary Whilton Calkins – first to investigate the role of the hippocampus in memory
- b) Leta Hollingsworth – developed theories of mother-infant attachment
- c) Mary Wright – first woman President of CPA
- d) Brenda Milner – first woman to receive a Ph. D. in psychology

Answer: c

Difficulty: Hard

Bloomcode: Knowledge

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

185. Which of the following women psychologists is correctly matched with her area of study?

- a) Brenda Milner – the role of the hippocampus in memory
- b) Leta Hollingsworth – mother-infant attachment

- c) Magda Arnold – gender differences in mental functioning
- d) Mary Whilton Calkins – history of Canadian psychology

Answer: a

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

186. Your text admits that it may seem that the neuroscientific approach is dominating contemporary psychology. Which of psychology's shared values is most likely to ensure that neuroscience does not completely monopolize psychology in the near future?

- a) a commitment to theory-driven work
- b) an endorsement of empirical research
- c) an acceptance of multilevel analyses
- d) a recognition of the importance of context

Answer: c

Difficulty: Hard

Bloomcode: Analysis

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

187. Which of the following alternative best expresses the relationship between developmental psychology and psychology's other subfields?

- a) Developmental psychology is distinct subfield, operating in isolation from most other fields of psychology.
- b) Developmental psychology has converged with neuroscience and social psychology in recent years.
- c) With the advent of new technologies, developmental psychology has largely disappeared as a distinct subfield of psychology.
- d) Developmental psychology is an integrative subfield, interacting with many other fields of psychology.

Answer: d

Difficulty: Hard

Bloomcode: Evaluation

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

188. Positive psychology traces its theoretical roots to the \_\_\_\_ and \_\_\_\_ approaches, because of its emphasis on \_\_\_\_ and \_\_\_\_, respectively.

- a) functionalist, humanist; application, self-actualization
- b) functionalist, humanist; self-actualization, application
- c) psychodynamic, humanist; the unconscious, self-actualization
- d) functionalist, Gestalt; application, mental organization

Answer: a

Difficulty: Medium

Bloomcode: Analysis

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

189. In its discussion of positive psychology, your text states that, "studies have found that having a positive outlook promotes resilience." Making explicit reference to the goals of psychology, which of the following statements is the strongest claim reasonably implied by this quote?

- a) A positive outlook *describes* resilience.
- b) A positive outlook *describes and may even predict* resilience.
- c) A positive outlook *explains* resilience.
- d) A positive *outlook explains and may even control* resilience.

Answer: d

Difficulty: Hard

Bloomcode: Evaluation

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

190. Based on your text's discussion, traditional psychotherapy is to positive psychotherapy as \_\_\_\_ is to \_\_\_\_.

- a) preventive medicine; curative medicine
- b) curative medicine; preventive medicine
- c) humanistic therapy; psychoanalytic therapy
- d) psychoanalytic therapy; behavioural therapy

Answer: b

Difficulty: Medium

Bloomcode: Analysis

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

191. Which of the following best captures your text's conclusion regarding psychology's potential contribution to our knowledge?

- a) Psychology will answer many complex questions about human nature.
- b) Psychology will provide useful knowledge as it tries to address complex questions about

human nature.

c) Psychology is unlikely to make much progress in addressing complex questions about human nature.

d) Psychology is too influenced by trends and fads to provide much lasting knowledge.

Answer: b

Difficulty: Medium

Bloomcode: Evaluation

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

## FILL-IN-THE-BLANK

192. During psychology's early history, the primary method for exploring internal mental processes was to observe outward \_\_\_\_.

Answer: behaviour

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Define psychology and describe the goals and levels of analysis psychologists use.

Section Reference: What Is Psychology?

193. A large group of people with a set of shared beliefs and practices is referred to as a(n) \_\_\_\_.

Answer: culture

Difficulty: Medium

Bloomcode: Comprehension

Learning Objective: Define psychology and describe the goals and levels of analysis psychologists use.

Section Reference: What Is Psychology?

194. Following an earthquake or other disaster, some primitive cultures may attribute human qualities to such a natural event because they believe the "earth spirits are angry". This example illustrates a(n) \_\_\_\_.

Answer: myth

Difficulty: Medium

Bloomcode: Application

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

195. The first philosopher to promote empirical or testable investigations of the natural world was \_\_\_\_.

Answer: Aristotle

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

196. The term used to describe the behaviours and mental processes of which we are aware is \_\_\_\_.

Answer: consciousness

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

197. James and his colleagues were interested in how the mind adapts to a changing \_\_\_\_.

Answer: environment

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

198. Humans have inborn tendencies to impose structure on what they see. These tendencies cause humans to perceive \_\_\_\_ rather than individual sensations.

Answer: perceptual units

Difficulty: Medium

Bloomcode: Comprehension

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

199. Unlike the earlier work of the structuralists, functionalists, and Gestaltists, psychoanalytic theorists focused on mental processes that occur in the \_\_\_\_ mind.

Answer: unconscious

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

200. Freud's use of \_\_\_\_ as a therapeutic method helped establish clinical psychology.

Answer: discussion



Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

201. Theoretically speaking, undesirable behaviours are less likely to be repeated if the technique of \_\_\_\_ is used.

Answer: punishment

Difficulty: Medium

Bloomcode: Comprehension

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

202. Maslow proposed that we have a basic motive to fulfill our full potential as human beings which he described as \_\_\_\_.

Answer: self-actualization

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

203. A \_\_\_\_ psychologist would likely help individuals cope more effectively with abnormal functioning.

Answer: clinical or counselling

Difficulty: Medium

Bloomcode: Comprehension

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

204. A type of therapy called \_\_\_\_ involves helping people modify thoughts, feelings, and behaviours that cause them distress.

Answer: psychotherapy

Difficulty: Medium

Bloomcode: Comprehension

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

205. In order to explain or interpret human behaviour, you must use a(n) \_\_\_\_.

Answer: theory

Difficulty: Medium

Bloomcode: Analysis

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

206. In a study that asks participants from various cultures to explain what makes them happy, Chinese participants described interpersonal interactions and evaluations from others. This displays the \_\_\_\_ aspects of Chinese culture.

Answer: collectivist

Difficulty: Medium

Bloomcode: Application

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

207. A new school of thought that focuses on the more upbeat features of human functioning like happiness and the meaning of life is referred to as \_\_\_\_.

Answer: positive psychology

Difficulty: Medium

Bloomcode: Comprehension

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

## SHORT ANSWER ESSAY QUESTIONS

208. By definition, what do psychologists study?

Answer: behaviour and mental processes

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Define psychology and describe the goals and levels of analysis psychologists use.

Section Reference: What Is Psychology?

209. What is one direct method of investigating internal mental processes that has resulted from technological advances within psychology?

Answer: brain imaging

Difficulty: Hard

Bloomcode: Application

Learning Objective: Define psychology and describe the goals and levels of analysis psychologists use.

Section Reference: What Is Psychology?

210. At what level of behavioural analysis does a psychologist analyze the content of mental processes including emotions, thoughts, and ideas?

Answer: the individual

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Define psychology and describe the goals and levels of analysis psychologists use.

Section Reference: What Is Psychology?

211. Which level of analysis is a psychologist focusing on if they suggest that a client obtain a prescription from a psychiatrist for anti-depressant medication?

Answer: the brain

Difficulty: Hard

Bloomcode: Application

Learning Objective: Define psychology and describe the goals and levels of analysis psychologists use.

Section Reference: What Is Psychology?

212. What attribute of Greek culture was essential to forming intellectual dialogue that resulted in a flow of ideas?

Answer: open, critical discussions where anyone could challenge prevailing doctrines

Difficulty: Hard

Bloomcode: Comprehension

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

213. According to Hippocrates, what are humours?

Answer: bodily fluids that determine a person's character and well-being

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

214. What theory postulates that all life on Earth is related and that humans are just one outcome of many variations from a common ancestor?

Answer: evolution

Difficulty: Easy

Bloomcode: Comprehension

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

215. Why was introspection criticized as a scientific technique?

Answer: Findings were often diverse depending on who was using the technique and what they were investigating.

Difficulty: Hard

Bloomcode: Evaluation

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

216. What topic was investigated in an early experiment by Bryan and Harter in 1897?

Answer: how quickly typing skills could be learned by telegraph operators

Difficulty: Hard

Bloomcode: Knowledge

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

217. Gestalt is a German term that roughly translates to what word in English?

Answer: whole or form

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

218. Where did Freud obtain evidence for his psychoanalytic theory?

Answer: from information he obtained from patients in his medical practice

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

219. Define what behaviourists were interested in studying.

Answer: Behaviourism is founded on the belief that psychologists should only study directly observable behaviours rather than abstract mental processes.

Difficulty: Hard

Bloomcode: Comprehension

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

220. Who first proposed that animal findings could help to explain human behaviour?

Answer: Thorndike

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

221. Provide an example of a reinforcing behaviour.

Answer: Example must name something that is rewarding/desirable and that the behaviour is likely to be repeated over time.

Difficulty: Easy

Bloomcode: Application

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

222. According to Bandura, what mechanism describes how children learn?

Answer: social observation or modelling

Difficulty: Easy

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

223. What approach to psychotherapy did Carl Rogers develop that supported therapists respecting and treating their clients as equals?

Answer: client-centred therapy

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

224. Describe the goal of behavioural genetics.

Answer: Explore the influence of genes on cognition and behaviour.

Difficulty: Medium

Bloomcode: Comprehension

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

225. Academic psychology carries on the mission to seek “pure scientific knowledge” by conducting research and instruction on a wide variety of psychological topics. Who is most often associated with this mission?

Answer: Wundt

Difficulty: Medium

Bloomcode: Comprehension

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

226. What is the purpose of applied psychology?

Answer: involves the application of psychological principles to help solve practical problems

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

227. What area of psychology was described in the text, when defining applied branches of psychology?

Answer: sports psychology

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

228. Beyond the provision of psychotherapy, what work do counselling psychologists do?

Answer: family therapy for issues involving careers, child-rearing, and relationships

Difficulty: Hard

Bloomcode: Knowledge

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

229. List the four values about psychology that academic, applied, and clinical/counselling psychologists share?

Answer: Psychology is theory-driven, empirical, multi-level, and contextual.

Difficulty: Hard

Bloomcode: Knowledge

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

230. What three levels of behavioural analyses do psychologists consider to gain a complete understanding of human mental processes and behaviour?

Answer: brain, person, and group

Difficulty: Hard

Bloomcode: Knowledge

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

231. On a recent trip to Asia, Jasmine noticed that some of the cultures she encountered seemed to emphasize the needs of the group more than their individual needs. What type of culture did Jasmine most likely experience on her trip to Asia?

Answer: collectivist

Difficulty: Medium

Bloomcode: Application

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

232. What technological development from the 1950s and 1960s contributed to the cognitive psychology revolution?

Answer: computers

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

233. What new form of therapy focuses on increasing clients' sense of engagement rather than targeting specific symptoms of mental dysfunction?

Answer: positive psychotherapy

Difficulty: Medium

Bloomcode: Comprehension

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.



Section Reference: Psychology Today

## ESSAY QUESTIONS

234. Name two of the four goals discussed in the text that psychologists have in mind when studying mental processes and behaviour.

Answer: Identify two of the following goals: description, explanation, prediction, and control.

Difficulty: Medium

Bloomcode: Knowledge

Learning Objective: Define psychology and describe the goals and levels of analysis psychologists use.

Section Reference: What Is Psychology?

235. Why is behavioural analysis incomplete without an examination of the group?

Answer: Humans are shaped by their social environments and those environments change over time.

Difficulty: Hard

Bloomcode: Analysis

Learning Objective: Define psychology and describe the goals and levels of analysis psychologists use.

Section Reference: What Is Psychology?

236. How is psychological science of today similar to primitive myths?

Answer: Both approaches are attempts to describe, explain, predict, and control our reality.

Difficulty: Medium

Bloomcode: Analysis

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

237. Describe how the work of Aristotle influenced the development of psychology as a scientific discipline.

Answer: Promoting the empirical investigation of topics such as sensations and learning laid the foundations of the scientific investigation of behaviour.

Difficulty: Hard

Bloomcode: Evaluation

Learning Objective: Describe the influences of early myths and ancient Greek philosophies on psychology.

Section Reference: Psychology's Roots in Philosophy

238. Describe Wundt's investigation of voluntarism.

Answer: Wundt studied the "will"; believed that behaviour is motivated and attention is focused for an explicit purpose.

Difficulty: Hard

Bloomcode: Comprehension

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

239. What was the major criticism of structuralism?

Answer: Structuralism relies too heavily on describing behaviour rather than applying the knowledge about the human mind in a practical manner.

Difficulty: Hard

Bloomcode: Evaluation

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

240. If a clock is analogous to the human mind, describe how structuralists and functionalists would vary in their research approaches and interests?

Answer: Structuralists would be primarily interested in the components of the clock whereas functionalists would be interested in how the clock performs in a variety of situations.

Difficulty: Hard

Bloomcode: Analysis

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

241. A famous artistic style known as pointillism uses small coloured points of paint to create an image. When humans look at such a painting, they see a distinct image rather than a bunch of points. Why?

Answer: According to Gestalt principles, humans are predisposed to combine information into a cohesive whole rather than focus on its parts.

Difficulty: Hard

Bloomcode: Application

Learning Objective: Name important early psychologists and describe their major theories and research methods.

Section Reference: The Early Days of Psychology

242. According to Freud, how do childhood experiences contribute to later psychological functioning?

Answer: Developmental milestones must be achieved successfully for a child to reach emotional adjustment. This occurs such that a child learns from effective and ineffective interactions between conscious and unconscious forces.

Difficulty: Hard

Bloomcode: Comprehension

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

243. Provide an example that illustrates how conditioning can occur in animals.

Answer: Example must provide a link between a stimulus and a response.

Difficulty: Hard

Bloomcode: Application

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

244. Distinguish between positive reinforcement and negative reinforcement.

Answer: Positive reinforcement increases the likelihood of a desired outcome whereas negative reinforcement decreases the likelihood of an undesirable outcome.

Difficulty: Hard

Bloomcode: Analysis

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

245. Provide an example of how a child might learn from social observation.

Answer: Children model the behaviours they observe in others.

Difficulty: Medium

Bloomcode: Application

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

246. Define information processing and describe how this idea relates to cognitive psychology.

Answer: Cognitive psychology is the study of information processing defined as the means by which information is stored and operates internally in the human mind.

Difficulty: Medium

Bloomcode: Comprehension

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

247. Define cultural universality and describe why evolutionary psychologists seek these behaviours.

Answer: Cultural universality refers to behaviours and practices that occur across all cultures. Evolutionary psychologists believe that such knowledge will inform them about the impact of biological factors on our development.

Difficulty: Hard

Bloomcode: Analysis

Learning Objective: Summarize the major principles of the psychoanalytical, behaviourist, humanistic, cognitive, and neuroscience approaches to psychology.

Section Reference: Twentieth-Century Approaches

248. Make a distinction between academic and applied psychologists.

Answer: Academic psychologists often work at colleges and universities where they divide their time between teaching and conducting research, whereas applied psychologists use their expertise to guide decisions and work outside of academic settings.

Difficulty: Medium

Bloomcode: Comprehension

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

249. Make a distinction between clinical psychologists and psychiatrists.

Answer: Psychiatrists have less training in psychological research and testing, but they have more medical knowledge and can prescribe medications.

Difficulty: Hard

Bloomcode: Comprehension

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

250. How do counselling psychologists differ from psychiatric social workers?

Answer: Psychiatric social workers provide aid to families through social service systems available in the community.

Difficulty: Hard

Bloomcode: Analysis

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

251. Explain what is meant by the statement, “psychology is contextual”?

Answer: Advances in technology and changes in society force us to examine behaviour from new perspectives that broaden our awareness.

Difficulty: Medium

Bloomcode: Synthesis

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

252. How is cognitive psychology different from cognitive neuroscience?

Answer: While both areas of research investigate mental processes, cognitive neuroscience attempts to link processes to particular brain activities, while cognitive psychology investigates the internal mental processes of thought.

Difficulty: Hard

Bloomcode: Analysis

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

253. Describe the challenge that psychology faces in achieving a balance between popular trends, societal influences, and scientific objectivity.

Answer: Psychology, like all sciences, may be influenced by fads and fashions, but the scientific method will continue to be the means by which we seek knowledge.

Difficulty: Hard

Bloomcode: Evaluation

Learning Objective: Describe the three major branches of psychology and summarize key trends in psychology.

Section Reference: Psychology Today

## **LEGAL NOTICE**

---

Copyright © 2015 by John Wiley & Sons Canada, Ltd. or related companies. All rights reserved.

**WILEY**

The data contained in these files are protected by copyright. This manual is furnished under licence and may be used only in accordance with the terms of such licence.

The material provided herein may not be downloaded, reproduced, stored in a retrieval system, modified, made available on a network, used to create derivative works, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise without the prior written permission of John Wiley & Sons Canada, Ltd.