

Chapter 1

True/False Questions

Section 1

1. Scientific research has shown that women are more talkative than men.
False; Easy
2. Psychology is a science.
True; Easy
3. Human emotions cannot be studied scientifically.
False; Moderate
4. Psychology is fundamentally different from other sciences such as biology and chemistry.
False; Easy
5. Empiricism refers to learning by observation.
True; Easy
6. Questions about values cannot be answered by scientific research.
True; Moderate
7. The modern theory of biorhythms is a good example of a scientific theory.
False; Easy
8. The term pseudoscience means “false science.”
True; Easy
9. Sigmund Freud developed the concept of falsifiability.
False; Easy

Section 2

10. The primary source of new research questions is past research.
True; Easy
11. Psychological research has shown that cell phone use does not impair driving performance.
False; Easy
12. Most scientific research in psychology is conducted by psychotherapists studying their own clients.
False; Easy

13. The scientific study of sex differences in talkativeness is an example of basic research.

True; Easy

14. All good psychological research is conducted to solve real-world problems.

False; Moderate

Section 3

15. Folk psychology refers to incorrect beliefs about human behavior.

False; Moderate

16. Skepticism refers to tolerance of different viewpoints.

False; Easy

Section 4

17. The “clinical practice of psychology” includes the work of marriage and family therapists.

True; Easy

18. The adult children of alcoholics have been shown by scientific research to suffer from many serious psychological problems.

False; Easy

19. It is impossible to test the effectiveness of psychotherapy.

False; Easy

Multiple-Choice Items

Section 1

20. Scientific research has suggested which of the following?

- a. Women are much more talkative than men.
- b. Men are much more talkative than women.
- c. Men and women are equally talkative.
- d. none of the above.

C; Easy

21. Which of the following best describes the relationship between psychology, on the one hand, and biology, chemistry, and physics, on the other hand?

- a. Psychology is fundamentally different from biology, chemistry, and physics.

- b. Psychology is not scientific but biology, chemistry, and physics are.
- c. Psychology is non-mathematical but biology, chemistry, and physics are.
- d. All of these disciplines share the same general approach to understanding the natural world.

D; Easy

22. Which of the following is NOT one of the three fundamental features of science?

- a. empirical questions
- b. public knowledge
- c. mathematical equations
- d. systematic empiricism

C; Easy

23. Which of the following is NOT an empirical question?

- a. Are women more talkative than men?
- b. Is dieting an effective weight loss strategy?
- c. Should we prohibit cell phone use while driving?
- d. Does cognitive psychotherapy help depressed people?

C; Moderate

24. A set of beliefs can be said to be pseudoscientific if it lacks one or more of the three features of science and _____.

- a. its adherents claim or imply that it is scientific
- b. it has been discredited by scientific research
- c. it seems "crazy"
- d. it refers to phenomena that cannot be directly observed

A; Moderate

Section 2

25. The process of conducting scientific research in psychology can be conceptualized as which of the following?

- a. a line
- b. a cycle
- c. a staircase
- d. an equation

B; Easy

26. Research questions in psychology can come from which of the following?

- a. previous research
- b. informal observations
- c. practical problems to be solved
- d. all of the above

D; Easy

27. Most people who conduct and publish scientific research in psychology are which of the following?

- a. undergraduate students
- b. Federal Government employees
- c. practicing clinicians
- d. college faculty

D; Easy

28. Which of the following is most clearly an example of an applied research question?

- a. Is the tendency to take physical risks related to extroversion?
- b. Do people's scores on a paper-and-pencil measures of empathy predict whether they will help a disabled person cross the street?
- c. How does damage to the amygdala affect people's experience of fear?
- d. Does the color of a recycling bin affect how much people recycle?

D; Easy

Section 3

29. Which of the following "commonsense" beliefs is incorrect?

- a. People use only 10% of their brainpower.
- b. Students learn best when teaching styles are matched to their learning styles.
- c. Low self-esteem is a major cause of psychological problems.
- d. all of the above

D; Moderate

30. The tendency to notice evidence that is consistent with our beliefs and ignore evidence that is inconsistent with our beliefs is called _____.

- a. wishful thinking
- b. confirmation bias
- c. skepticism
- d. common sense

B; Easy

31. Two important attitudes of scientists are skepticism and _____.

- a. emotional neutrality
- b. mathematical ability
- c. tolerance of uncertainty
- d. religious agnosticism

C; Moderate

Section 4

32. Which of the following is true of the adult children of alcoholics?

- a. They tend to have lower self-esteem than other people.
- b. They are especially likely to suffer from depression during middle age.
- c. They are especially likely to get divorced.
- d. none of the above.

D; Moderate

33. What is an empirically supported treatment?

- a. a psychological treatment that has been shown to work by scientific research
- b. a psychological treatment that has not yet been tested
- c. a psychological treatment that should work in theory but that does not work in practice
- d. a psychological treatment that can, in principle, be tested

A; Easy

Short-Answer / Essay Items

Section 1

34. Explain what it is that makes psychology a science like biology, chemistry, and physics. Be sure to discuss the three fundamental features of science. Psychology is based on systematic empiricism, deals with empirical questions, and is publically assessable.

Moderate

35. Give at least three specific recommendations for how people should go about deciding whether or not a set of beliefs (e.g., the theory of biorhythms) is pseudoscientific?

Answers can be tied directly to the three features of science (e.g., lacks systematic empirical research) or based on more informal signs (e.g., “uses excessively scientific sounding language”).

Moderate

Section 2

36. Describe how a psychologist would go about conducting research on the effect of cell phone use on driving performance in terms of the general model of scientific research in psychology presented in the textbook. The psychologist would come up with the question either based on past research or informal observation, read the relevant psychological literature on the topic to refine the question, design and conduct a study, analyze the data, draw conclusions, and then publish the research in psychological literature.

Moderate

Section 3

37. Explain, for someone not familiar with scientific psychology, why it is important to conduct research on questions that seem to be matters of “common sense.” As an example, use the idea that it is important for people who have experienced a trauma to have immediate “crisis counseling.”

Although it is plausible that crisis counseling might be helpful, it is also plausible that it might be harmful by forcing people to relive experiences they would rather not. An empirical study is needed to decide between these possibilities.

Moderate

Section 4

38. What is the role of scientific research in the clinical practice of psychology?

Scientific research can help us understand psychological disorders and evaluate methods for treating them.

Moderate