

# **Test Bank**

*for*

## **Theories of Personality A Zonal Perspective**

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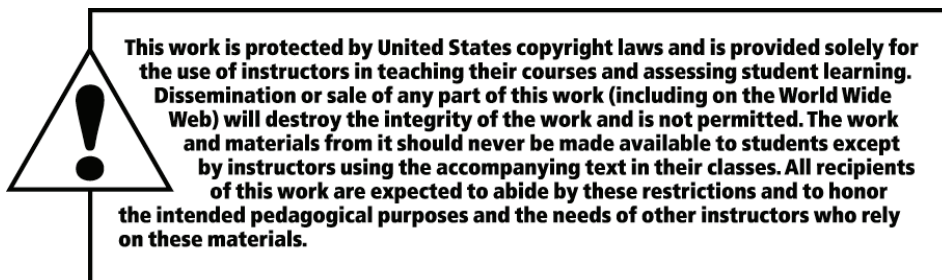
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***Theories of Personality: A Zonal Perspective (Berecz)***  
**Chapter 1: A Zonal Approach to the Study of Personality**

**Discussion Question**

1) When we think about ourselves, we sometimes use constructs like will power, self control, introvert, or intelligence to make sense of our behaviors. Describe a construct that you use to understand yourself better. Show how it reveals a pattern or style in a broad range of specific behaviors that might otherwise seem unrelated.

**Multiple-Choice Questions**

1) What is a construct?

- A) A "tent" under which several theories with similar viewpoints cluster
- B) A means of analyzing a theory at the most appropriate level(s) of conceptualization
- C) A mini-theory, a small component of a larger model
- D) A theory that explains human behavior in terms of five trait clusters or "superfactors"

Answer: C

2) Which of these is not a part of personality?

- A) A core of enduring emotions
- B) Charm and charisma
- C) Behaviors remaining consistent over time
- D) Attitudes uniquely characterizing a person

Answer: B

3) Someone who is tough-minded

- A) tends to be pessimistic and rely on facts.
- B) tends to be optimistic and guided by ideals.
- C) tends to be optimistic and rely on facts.
- D) tends to be pessimistic but guided by ideals.

Answer: A

4) Someone who carefully traces the life story of an individual in order to understand his/her personality

- A) is displaying the Zeigarnik effect.
- B) is exhibiting counter transference.
- C) is conducting an historical case study.
- D) is conducting a clinical case study.

Answer: C

5) Someone who agrees with Rene Descartes

- A) believes that the mind and body are enmeshed entities.
- B) believes that the mind and body are separated entities.
- C) believes that a person has a mind, body, and soul.
- D) believes that a person does not have a mind, body, and soul.

Answer: B

6) B. F. Skinner taught that our behavior is determined by our environment, while Rollo May suggested that

- A) efficient cause is the reason for behavior.
- B) people are primarily pushed and pulled around by genes.
- C) determinism and freedom are co-existent and complementary.
- D) only reinforcers and punishers propel people.

Answer: C

## THEORIES OF PERSONALITY: A ZONAL PERSPECTIVE

7) Nature vs. nurture is a classic problem of causality, whereas the problem resolves when using a levels-of-analysis approach because

- A) only genes produce behavior.
- B) both genes and environment interact to produce behavior.
- C) neither genes nor environment interact to produce behavior.
- D) only environment produces behavior.

Answer: B

8) The six persistent problems in the study of personality include all of the following except

- A) the mind-body problem.
- B) person vs. situation.
- C) the Zeigarnik effect.
- D) reification.

Answer: C

9) Someone who can recall an interrupted task but who has forgotten an already-completed task is experiencing

- A) delay of gratification.
- B) the Zeigarnik effect.
- C) a simple loss of memory.
- D) dissociative memory loss.

Answer: B

10) Cartesian dualism maintains that

- A) the mind and body are separate entities.
- B) the mind and body are terms for describing different aspects of the same person.
- C) the mind, like the body, can be subjected to scientific scrutiny.
- D) mind and matter are simply two different ways of speaking about two different levels of analysis.

Answer: A

11) A researcher who is assigning values of greater than or less than, to a scale, without inferring that each interval on the scale is equidistant is using what level of measurement?

- A) Nominal
- B) Ordinal
- C) Interval
- D) Ratio

Answer: B

12) Which is not a problem of the study of personality?

- A) Determinism vs. free will
- B) Stability vs. change of personality over time
- C) Existentialism vs. theistic evolution
- D) Nature vs. nurture

Answer: C

13) What is NOT one of the listed characteristics that appear to enhance our study of personality?

- A) Attention to detail
- B) Humility
- C) Optimism
- D) Tolerance for ambiguity

Answer: A

14) What is the basic concept of reductionism?

- A) Analyzing the situations from which a person's emotional problems arise
- B) Substituting behavioral analysis for emotional assessment
- C) The attempt to discover truth by reducing things to simplified units
- D) Theory of the mind and body presented as one harmonious whole

Answer: C

15) Which is NOT listed as a method for personality study?

- A) Clinical case
- B) Biological case
- C) Historical case
- D) Psychometric case

Answer: B

16) Understanding Zeitgeist would be

- A) knowing your Zen.
- B) bits of biological or chemical compounds.
- C) comprehending the intellectual climate of the times.
- D) proving a specific prediction or hypothesis.

Answer: C

17) Give one memorable example of personality in action as illustrated by the text.

- A) Jimmy Carter watching the sound of music
- B) Ronald Reagan joking about feeding popcorn and butter to illegal immigrants
- C) Four-year-old Melissa giving into eating the soft, white, delicious marshmallow
- D) Professor Berecz hitting a 9-year-old's abusive mother, sending her glasses flying

Answer: B

18) The attempt to discover "truth" by condensing things to simpler units is

- A) constructivism.
- B) reductionism.
- C) behaviorism.
- D) personality theory.

Answer: B

19) To falsify is to

- A) plagiarize.
- B) understand the intellectual climate of the times.
- C) translate theoretical constructs.
- D) disprove a specific prediction or hypothesis.

Answer: D

20) A man steps on a nail and notices that his foot has started to bleed. He believes that his mind is making him feel hurt, and the body is only reacting. He might believe in

- A) Cartesian Dualism.
- B) Ronald Reagan.
- C) Zeigiest.
- D) Humanism.

Answer: A

## THEORIES OF PERSONALITY: A ZONAL PERSPECTIVE

21) If a test or assessment device really measures what it claims to then it has

- A) reliability.
- B) validity.
- C) testability.
- D) falsifiability.

Answer: B

22) Free will and determinism are two sides of the same coin. What are they explaining?

- A) Causality
- B) Humanism
- C) Cartesian Dualism
- D) Zeitgeist

Answer: A

23) In psychology, \_\_\_\_\_ is a motivational construct. It can cause your heart to race and your head to pound.

- A) adrenaline
- B) anxiety
- C) anaphylactic shock
- D) an accident

Answer: B

24) Ronald Reagan displayed an emotional/intuitive personality, while Jimmy Carter displayed a \_\_\_\_\_ personality.

- A) conscientious/curious
- B) conscientious/silly
- C) conscientious/obsessive
- D) obsessive/intuitive

Answer: C

25) Freud based his psychoanalytic theory on

- A) laboratory experiments.
- B) case studies.
- C) field observations.
- D) psychological testing.

Answer: B

26) Freud studied hysteria, while Zeigarnik studied

- A) delays of gratification.
- B) anxiety.
- C) the tendency for interrupted tasks to be recalled better than completed tasks.
- D) obsessive-compulsive personality.

Answer: C

27) Which of these is a persistent problem for personality psychologists?

- A) Person vs. situation
- B) Stability vs. change of personality over time
- C) Freedom vs. determinism
- D) Group identity vs. alienation

Answer: D



28) A person asking someone how they feel on a scale of 1 to 10 would be using a/an

- A) interval measurement.
- B) ordinal measurement.
- C) ratio measurement.
- D) nonlinear dynamical measurement.

Answer: B

29) Someone who tends to rely on facts and pessimism is an example of what William James calls

- A) humanistic.
- B) tough-minded.
- C) antisocial.
- D) objective.

Answer: B

30) The biochemical and genetic theories place great emphasis on \_\_\_\_\_, while cognitive models place an emphasis on \_\_\_\_\_.

- A) conditioning, components
- B) conditioning, processing (bio computer)
- C) components, processing (bio computer)
- D) components, social interactions

Answer: C

31) Learning theories see persons as a product of nature, while evolutionary psychology sees him/her as a product of

- A) adaptive traits.
- B) chemical compounds.
- C) social interactions.
- D) transpersonal evolution.

Answer: A

32) Information processing is to cognitive models as \_\_\_\_\_ is to humanistic theories.

- A) altruism
- B) egocentricity
- C) self-reliance
- D) self-actualization

Answer: D

33) Which of these is NOT one of the level so measurement?

- A) Nominal
- B) Ratio
- C) Linear
- D) Interval

Answer: C

34) What are four of the six persistent problems in the study of personality?

- A) Nature vs. nurture, mind vs. body, determinism vs. free will, reification
- B) Nature vs. nurture, mind vs. body, person vs. situation, optimism vs. pessimism
- C) Determinism vs. free will, stability vs. change of personality, determination vs. dismay, reification
- D) Determinism vs. free will, nature vs. nurture, partiality, person vs. situation

Answer: A

## THEORIES OF PERSONALITY: A ZONAL PERSPECTIVE

35) Psychometric methods use psychological tests to measure personality, while physiological methods use

- A) self-ratings and psychosocial measures.
- B) self-ratings and philanthropic disposition.
- C) self-ratings and bodily processes measures.
- D) self-ratings and gratification measures.

Answer: C

36) Many psychologists view personality as a product of nurture, while B.F. Skinner sees it as a product of

- A) laboratory research.
- B) knowledge.
- C) environment.
- D) breeding.

Answer: C

37) A network of ideas, images, constructs, and models that relate to one another in predictable and testable ways is

- A) theory.
- B) hypothesis.
- C) syntax.
- D) model.

Answer: A

38) Which of the "Big Four" questions might have an emphasis on tabula rasa?

- A) Structural constructs
- B) Motivation constructs
- C) Development constructs
- D) Individual difference constructs

Answer: C

39) Change in personality occurs mostly

- A) during childhood and adolescence.
- B) after age 30.
- C) before age 50.
- D) in men rather than women.

Answer: A

40) What is nomothetic research?

- A) Research that emphasizes individuality
- B) Research that uses techniques designed to highlight the uniqueness of each person
- C) Research that combines A and B
- D) Research that attempts to discover general laws that apply to all people

Answer: D

***Theories of Personality: A Zonal Perspective (Berecz)*****Chapter 2: Ancient and Contemporary Compositional Theories of Personality****Discussion Question**

1) When you find yourself bored, how do you typically respond? Do you think you are (or are not) a sensation seeker? Explain your answer.

**Multiple-Choice Questions**

1) Which of these is not one of Hippocrates' four qualities that the universe is made up of?

- A) Cold
- B) Hot
- C) Saturated
- D) Dry

Answer: C

2) Which of these is not part of Galen's theory of four humors?

- A) Black bile
- B) Yellow bile
- C) Red bile
- D) Phlegm

Answer: C

3) When Galen updated his four humors to the four temperaments, which of these was NOT included?

- A) Melancholic
- B) Despondent
- C) Choleric
- D) Sanguine

Answer: B

4) According to Galen, a humor is which of the following?

- A) A good joke producing laughter
- B) A bodily fluid producing a behavioral trait
- C) A bodily fluid producing private responses in the brain
- D) None of the above

Answer: B

5) Someone whose personality is described as aloof, apathetic, and cold is demonstrating which temperament?

- A) Melancholic
- B) Choleric
- C) Sanguine
- D) Phlegmatic

Answer: D

6) According to Hebb, a group of neurons that develop into a functioning unit through repeated stimulation is referred to as what?

- A) Cell assembly
- B) Neurotransmitters
- C) Genomes
- D) Telemetry

Answer: A

## THEORIES OF PERSONALITY: A ZONAL PERSPECTIVE

- 7) Hebb and Edelman subscribed to the theory of person as neuronal circuits, while Wilson subscribed to
- A) person as chromosome carrier.
  - B) person as neuronal group selector.
  - C) person as non-invasive sensors.
  - D) person as cultural universal.

Answer: A

- 8) Hamilton suggested inclusive fitness, while Darwin suggested which less broadly defined term?

- A) Reclusive fitness
- B) Exclusive fitness
- C) Individual fitness
- D) Group fitness

Answer: C

- 9) We can reasonably conclude that a dog has a personality, and an amoeba

- A) does not.
- B) also does.
- C) has multiple personalities.
- D) shows weak personality traits.

Answer: A

- 10) Cloninger's model of personality suggested that personality traits are based on levels of three neurotransmitters. These are all of the below except

- A) dopamine.
- B) serotonin.
- C) melatonin.
- D) norepinephrine.

Answer: C

- 11) A sociobiologist focuses primarily on

- A) how people process social situations.
- B) how people propagate genes.
- C) how people process thoughts and information.
- D) how people are motivated to seek an optimal level of arousal.

Answer: B

- 12) Among sociobiologists, the Leash Principle means

- A) a genetic basis for culture that provides everyone a capacity for social behavior.
- B) genes set the boundaries for culture.
- C) favoritism toward relatives.
- D) symbols or behaviors found in every society.

Answer: B

- 13) Which of these has nothing to do with Edward Wilson?

- A) Visual impairment
- B) Intellectually animated
- C) Walking in straight lines
- D) Sensation seeking

Answer: D

14) Sociobiology attempts to explain social behaviors in terms of

- A) limbic resonance.
- B) cell assemblies.
- C) cultural universals.
- D) genes.

Answer: D

15) Brain activity has traditionally been measured using

- A) non-invasive sensors.
- B) telemetry.
- C) Electroencephalograms.
- D) Autonomic Nervous System.

Answer: C

16) Researchers can directly measure changes in one's body with a weak electrical current, and measuring changes in conductance when \_\_\_\_\_ is activated.

- A) MRI
- B) Electroencephalogram
- C) PET
- D) Autonomic Nervous System

Answer: D

17) When someone is talking about "the total number of genes carried by a species," they are referring to

- A) chromosomes.
- B) genome.
- C) nuclei.
- D) None of the above

Answer: B

18) Sensation seeking is

- A) seeking activities in order to have a sensation.
- B) seeking activities in order to avoid work.
- C) seeking activities in order to avoid boredom.
- D) seeking sensations in order to have an activity.

Answer: C

19) Which of these did Wilson NOT use in composing his sociobiology theory of personality?

- A) Cultural universals
- B) Genes and chromosomes
- C) Exclusive fitness
- D) Leash principle

Answer: C

20) A person who says that the cause for their alcoholism is in their genes is using which theory of personality?

- A) Naturalism
- B) Behaviorism
- C) Sociobiology
- D) Determinism

Answer: C

## THEORIES OF PERSONALITY: A ZONAL PERSPECTIVE

21) In the sociobiology theory, nepotism is explained by inclusive fitness while wearing clothing is explained by

- A) cultural universals.
- B) inbuilt customs.
- C) leash principle.
- D) individual fitness.

Answer: A

22) When a mother gives a better piece of fruit to her child instead of the neighbor child, sociobiology would say it is because

- A) she wants to propagate her genes into the future.
- B) this is what culture says is acceptable for her to do.
- C) she doesn't want her child to be mad at her since she has to live with him.
- D) she dislikes the neighbor child.

Answer: A

23) Practicing spiking a volleyball directly to the inside of the side-line makes you more likely to get a good hit in a game because

- A) the neuronal groups that function when you hit just inside have been strengthened by use.
- B) the neuronal groups that function when you hit the ball badly have been pruned by non-use.
- C) Both A and B
- D) Neither A nor B

Answer: C

24) Hebb called the neurons that work together a cell assembly, but Edelman updated this concept to follow natural selection and renamed them

- A) neuronal groups.
- B) synaptic fellows.
- C) a cell community.
- D) inclusive neurons.

Answer: A

25) Modern research is similar to the ancient Greek thought in that

- A) they both use blood letting techniques to solve constipation problems.
- B) they both trace our personalities or problems back to our composition.
- C) both accept the idea of clinical causality.
- D) Both B and C

Answer: D

26) Which of these terms did sociobiologists use to describe how genes set the boundaries for culture?

- A) Cultural Universals
- B) Biogrammar
- C) Leash principle
- D) Cultural hyperextension

Answer: C

27) Cultural hyperextension refers to the idea of

- A) behavior found in every society because universal must be genetically transmitted.
- B) genetic basis for culture.
- C) culture is limited to genes.
- D) culture sometimes amplifies our inclinations.

Answer: D

28) The term for the capacity to learn language as a universal social behavior is

- A) leash principle.
- B) cultural universal.
- C) cultural hyperextension.
- D) biogrammar.

Answer: D

29) Someone who displays nepotism

- A) is seeking exciting activities in order to avoid boredom.
- B) is showing a melancholic temperament.
- C) is showing favoritism toward relatives.
- D) is showing individual fitness.

Answer: C

30) Sociobiologists view the driving force towards "nepotism" as

- A) devotion to family.
- B) unification of family.
- C) favoritism towards relatives.
- D) propagation of one's genes.

Answer: D

31) Where social psychologists study how people process social situations, sociobiologists focus on

- A) thought and information.
- B) how persons propagate genes.
- C) the uniqueness of the neural structures of the brain.
- D) motivating by future goals.

Answer: C

32) Which of the following is an example of compositional theory?

- A) A cork floats because it is less dense than water.
- B) Fish live in water because they have gills and fins.
- C) Birds fly because they have feathers and light bones.
- D) All of the above

Answer: D

33) Genes are

- A) the chemical building blocks of our bodies.
- B) special proteins that activate thousands of chemical reactions.
- C) tiny threadlike structures that form into pairs of rods just before a cell divides.
- D) infinitely small units of DNA that determine which features living organisms inherit from their parents.

Answer: D

34) Inclusive fitness is defined as maximizing the transmission of one's genes into subsequent generations by

- A) producing offspring.
- B) assisting relatives to survive.
- C) Both A and B
- D) Neither A or B

Answer: C

THEORIES OF PERSONALITY: A ZONAL PERSPECTIVE

35) The fact that a newborn kitten, which is blind at birth and has never crawled before, is able to memorize the path to its mother's belly to eat can be explained by theories of

- A) cultural learning.
- B) prepared learning.
- C) evolutionary biology.
- D) tabula rasa.

Answer: B

36) Wilson believed that our body's primary function is to do what?

- A) To hold our brain and mind
- B) To interact with the outside world
- C) To pass on our genes
- D) All of the above

Answer: C

37) According to sociobiologists, what is the purpose for the existence of man?

- A) To contribute genes to the gene pool
- B) To evolve and improve sociological circumstances
- C) To evolve as far as possible
- D) To create a perfect social environment

Answer: A

38) Ancient Egyptians attributed female personality disorders to be caused by

- A) the movements of the sun and moon causing fluctuating moods.
- B) the movements of the uterus throughout the body.
- C) an imbalance of the four humors.
- D) dehydration.

Answer: B

39) What perspective says that rape is the "product" of a male who can't get a girlfriend?

- A) Sociobiological
- B) Person as neuronal circuits
- C) Person as biochemical ingredients
- D) All of the above

Answer: A

40) Telemetry is a system whereby recordings made at the body are sent by radio waves to

- A) a central data processor.
- B) a central records-keeping unit.
- C) non-invasive sensors that respond.
- D) a genome.

Answer: A