

Name: _____

INTRODUCTORY PSYCHOLOGY

PSY 202-02, Fall 2004

Test 4

Answers

Multiple Choice: Circle the letter corresponding to the single most correct answer (@ 1 point).

1. The fact that facial expressions of emotion tend to intensify the experience of emotion serves to support the:
A) catharsis hypothesis.
B) Cannon-Bard theory.
C) James-Lange theory.
D) adaptation-level principle.
E) relative deprivation principle. C
2. As her professor distributed the mathematics test to the class, Blair's heart started to pound and her palms began to sweat. These physiological reactions were activated by her _____ nervous system.
A) sympathetic
B) central
C) somatic
D) parasympathetic A
3. The level of arousal typically associated with optimal performance tends to be _____ on tasks that are _____.
A) lower; frequently practiced
B) higher; relatively difficult
C) lower; relatively easy
D) lower; relatively difficult D
4. As people experience negative emotions, the _____ frontal lobe of the brain becomes _____ electrically active.
A) right; more
B) right; less
C) left; more
D) left; less A
5. Research on nonverbal communication indicates that:
A) very young children's facial expressions of emotion are very difficult to interpret.
B) children learn the facial expressions associated with emotion by observing adults.
C) blind children who have never observed others demonstrate normal facial expressions of emotion.
D) boys are better than girls at recognizing nonverbal expressions of emotion.
E) children are unable to interpret facial expressions until they reach adolescence. C

6. The idea that anger is reduced through aggressive action or fantasy is known as the:
- A) adaptation-level principle.
 - B) catharsis hypothesis.
 - C) feel-good, do-good phenomenon.
 - D) two-factor theory.
 - E) relative deprivation principle.
7. Jed wants his roommate Dante to help him study for a physics test. Dante is most likely to want to help after he has:
- A) helped some friends repair a flat tire on their car.
 - B) received an unexpected "A" on his psychology test.
 - C) heard that a friend was involved in an automobile accident.
 - D) been caught cheating on a math test.
8. Rannilt was euphoric after learning of her acceptance into the medical school of her choice. After a few weeks, however, she feels hardly any emotional excitement when she thinks about her admission to medical school. This change in her feelings can best be explained in terms of the:
- A) catharsis hypothesis.
 - B) relative deprivation principle.
 - C) feel-good, do-good phenomenon.
 - D) Cannon-Bard theory.
 - E) adaptation-level phenomenon.
9. Haley's parents bought her a used bicycle for her birthday. She was thrilled until she learned that her best friend received a brand new bicycle to celebrate Groundhog Day. Haley's declining satisfaction illustrates the:
- A) relative deprivation principle.
 - B) adaptation-level phenomenon.
 - C) catharsis hypothesis.
 - D) James-Lange theory.
 - E) two-factor theory.
10. Stress is defined in the text as:
- A) a physiological reaction to any negative life event.
 - B) the experience of conflicting motives that produce anxiety and tension.
 - C) the process by which we appraise and cope with environmental threats and challenges.
 - D) the blocking of an attempt to reach some important goal.
 - E) physical, emotional, or mental exhaustion.

B

B

E

A

C

11. Adina wants advice on how to cope with the stress of college life. She would be best advised to approach college with a sense of personal:
- A) skepticism and humility.
 - B) ambition and competitiveness.
 - C) control and optimism.
 - D) urgency and timeconsciousness.
12. A psychophysiological illness is a(n):
- A) physical illness that produces a psychological disorder.
 - B) illness that is not caused by a physical disorder but instead seems linked to stress.
 - C) disease of the central nervous system.
 - D) physical or psychological disorder that has a genetic component.
13. Aviad, a 50-year-old banking executive and Type A personality, recently suffered a serious heart attack. To prevent a recurrence, Aviad would probably benefit most from:
- A) acupuncture therapies.
 - B) losing most of his money so that he can live the simple life of poverty.
 - C) relaxation training.
 - D) pain control medication.
14. The use of free association is central to the process of:
- A) identification.
 - B) self-actualization.
 - C) psychoanalysis.
 - D) reciprocal determinism.
 - E) unconditional positive regard.
15. Four-year-old Timmy has not wet his bed for over a year. However, he starts bed-wetting again soon after his sister is born. Timmy's behavior best illustrates:
- A) reaction formation.
 - B) projection.
 - C) regression.
 - D) displacement.
 - E) repression.
16. Projective tests are most closely associated with the _____ perspective.
- A) social-cognitive
 - B) psychoanalytic
 - C) humanistic
 - D) trait

C

B

C

C

C

B

17. Abraham Maslow studied the lives of Abraham Lincoln, Thomas Jefferson, and Eleanor Roosevelt in order to understand the nature of:
- A) reciprocal determinism.
 - B) unconditional positive regard.
 - C) self-actualization.
 - D) personality traits.
18. Characteristic patterns of behavior and motivation are called:
- A) aptitudes.
 - B) fixations.
 - C) projections.
 - D) traits.
19. Which of the following tests was empirically derived?
- A) MRI
 - B) Rorschach inkblot test
 - C) MMPI
 - D) Myers-Briggs Type Indicator
20. Sheen is usually animated and talkative when he is with his girlfriend, but he is often quiet and reserved at home. He actively participates in many classroom discussions but frequently seems reluctant to talk with friends at the campus coffee shop. According to Walter Mischel, Sheen's behavior should lead us to question the importance of:
- A) personality traits.
 - B) unconditional positive regard.
 - C) reciprocal determinism.
 - D) defense mechanisms.
 - E) self-efficacy.
21. According to Bandura, reciprocal determinism involves multidirectional influences among:
- A) mind, body, and behavior.
 - B) thoughts, emotions, and actions.
 - C) behaviors, internal personal factors, and environmental events.
 - D) id, ego, and superego.
 - E) learned helplessness, locus of control, and optimism.

C

D

C

A

C

22. Emma believes that she will be highly successful in business if she works hard and carefully manages her time. Her belief most clearly illustrates:
- A) reaction formation.
 - B) reciprocal determinism.
 - C) unconditional positive regard.
 - D) an Electra complex.
 - E) an internal locus of control.
23. Dogs strapped into a harness and given repeated and unavoidable shocks developed:
- A) a fixation.
 - B) a reaction formation.
 - C) learned helplessness.
 - D) a higher threshold of pain.
 - E) unrealistic optimism.
24. Overestimating the extent to which others notice and evaluate our appearance and performance is called:
- A) external locus of control.
 - B) self-serving bias.
 - C) reaction formation.
 - D) the spotlight effect.
 - E) fixation.
25. DSM-IV is a widely used system for:
- A) identifying the causes of psychological abnormality.
 - B) distinguishing sanity from insanity.
 - C) treating depression.
 - D) classifying psychological disorders.
 - E) doing all of the above.
26. Rishi, a college student, complains that he feels apprehensive and fearful most of the time but doesn't know why. Without warning, his heart begins to pound, his hands get icy, and he breaks out in a cold sweat. Rishi most likely suffers from a(n):
- A) bipolar disorder.
 - B) obsessive-compulsive disorder.
 - C) generalized anxiety disorder.
 - D) phobia.
 - E) dissociative disorder.

27. Cecil is preoccupied with thoughts of jumping out the window of his tenth floor apartment. In order to reduce his anxiety, he frequently counts his heartbeats aloud. Cecil would most likely be diagnosed as experiencing a(n):
- A) panic disorder.
 - B) bipolar disorder.
 - C) generalized anxiety disorder.
 - D) obsessive-compulsive disorder.
 - E) phobia.
28. Julius is obsessed with avoiding germs and feels compelled to bathe at least 10 times every day. His therapist suggests that Julius continues his maladaptive bathing because this behavior temporarily reduced his anxiety on many past occasions. The therapist's suggestion most directly reflects a _____ perspective.
- A) biological
 - B) trait
 - C) learning
 - D) psychoanalytic
 - E) humanistic
29. Anthony is 32 years old, well above average in intelligence, and quite charming. He has swindled several elderly people out of their life savings, and he seems to have little feeling for his victims, nor does he fear the consequences of getting caught. His behavior is evidence of:
- A) bipolar disorder.
 - B) schizophrenia.
 - C) obsessive-compulsive disorder.
 - D) a personality disorder.
 - E) a dissociative disorder.
30. For the last month, Gabrielle has felt lethargic and has been unable to get out of bed in the morning. She has withdrawn from friends and family because she feels worthless and unlovable. Gabrielle is most likely suffering from:
- A) agoraphobia.
 - B) a mood disorder.
 - C) schizophrenia.
 - D) an antisocial personality disorder.
 - E) anorexia nervosa.

D

C

D

B

31. A condition in which an individual is overexcited, hyperactive, and wildly optimistic is known as:
- A) paranoia.
 - B) a manic episode.
 - C) a panic attack.
 - D) catatonia.
32. The social-cognitive perspective has emphasized that depression is perpetuated by:
- A) feelings of ambivalence.
 - B) the internalization of anger.
 - C) self-blaming attributions.
 - D) egocentrism.
 - E) conscious role playing.
33. In which type of disorder is a person's speech likely to be so full of unrelated words and phrases that it could be characterized as a "word salad"?
- A) depression
 - B) obsessive-compulsive disorder
 - C) schizophrenia
 - D) dissociative disorder
 - E) anorexia nervosa
34. Mr. Hunt believes that he is the President of the United States and that he will soon become the "King of the Universe." Mr. Hunt is most clearly suffering from:
- A) delusions.
 - B) obsessions.
 - C) hallucinations.
 - D) major depression.
35. Wilma is extremely agitated because she hears voices that tell her to sexually seduce the male nurses in her hospital ward. Wilma is most clearly suffering from:
- A) a mood disorder.
 - B) an obsessive-compulsive disorder.
 - C) delusions of grandiosity.
 - D) a dissociative disorder.
 - E) hallucinations.
36. Research regarding depression indicates that:
- A) depression is typically unrelated to stressful life events.
 - B) depression is unlikely to be overcome without professional help.
 - C) depression is associated with abnormally high levels of the neurotransmitter serotonin.
 - D) with each new generation, depression is dramatically increasing in its prevalence.

B

C

C

A

E

Write answers to these questions in your blue-book.

KEY TERMS & NAMES. Select **as many as you know**, keeping in mind that silly guesses will result in a **loss** of points. For each term, supply a precise definition including the context and a clear example. For each name, supply the context and 2 other pieces of information. (@ +/-3 points).

Reaction Formation

Yerkes-Dodson

La Belle Indifference

Psychosomatic Disorder

Equilibrium Theory

Locus of Control

David Rosenhan

Hans Selye

Primary Emotions

Comorbidity

SHORT ANSWER. Select and answer 1 (@ 8 points).

1. Identify 3 (of the 4) personality theories discussed in class (not “stress personalities”) and name a major researcher for each. Then use any 2 specific terms from each theory to analyze President Bush. Feel free to fictionalize details about Bush if necessary.
2. Identify 4 (of the 5) criteria for disorders that were discussed in class. Then use each criterion to discuss in detail whether cigarette-smoking is a disorder.