

Name: _____

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INTRODUCTORY PSYCHOLOGY

PSY 202-02, Fall 2007

Test 4

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

1. The basic components of emotion are:
 - A) sympathetic arousal, parasympathetic inhibition, and cognitive labeling.
 - B) physical gestures, facial expressions, and psychological drives.
 - C) expressive behaviors, physiological arousal, and conscious experience.
 - D) cognition, affect, and behavior.

2. According to the _____, you would be able to experience emotion even without sympathetic nervous system arousal.
 - A) Cannon-Bard theory
 - B) James-Lange theory
 - C) two-factor theory
 - D) catharsis hypothesis

3. The James-Lange theory of emotion states that:
 - A) to experience emotion is to be aware of one's physiological responses to an emotion-arousing event.
 - B) the expression of emotion reduces one's level of physiological arousal.
 - C) an emotion-arousing stimulus simultaneously triggers both physiological arousal and the subjective experience of emotion.
 - D) to experience emotion one must be physically aroused and able to cognitively label the emotion.

4. The two-factor theory of emotion was proposed by:
 - A) Walter Cannon
 - B) Robert Zajonc
 - C) William James
 - D) Stanley Schachter

5. When confronted by an armed robber, your emotional arousal is likely to be accompanied by:
 - A) decreases in blood sugar levels.
 - B) slowing of digestion.
 - C) increases in salivation.
 - D) decreases in respiration rate.

6. Test performance is typically _____ when physiological arousal is _____.
- A) best; moderate
 - B) worst; moderate
 - C) best; very low
 - D) best; very high
7. As people experience negative emotions:
- A) the right prefrontal cortex becomes more electrically active.
 - B) the right prefrontal cortex becomes less electrically active.
 - C) the left prefrontal cortex becomes more electrically active.
 - D) the left prefrontal cortex becomes less electrically active.
8. Research on the accuracy of lie detector tests suggests that they:
- A) are more accurate for men than women.
 - B) are accurate only 50 percent of the time, even when administered by experts.
 - C) are more likely to declare the innocent guilty than to declare the guilty innocent.
 - D) are more likely to declare the guilty innocent than to declare the innocent guilty.
9. Our most rapid and automatic emotional responses may result from the routing of sensory input through the thalamus directly to the:
- A) hippocampus.
 - B) hypothalamus.
 - C) cerebellum.
 - D) amygdala.
10. People are especially good at quickly detecting facial expressions of:
- A) anger.
 - B) surprise.
 - C) happiness.
 - D) boredom.
11. People from different cultures are most likely to differ with respect to:
- A) the way they categorize basic emotions such as fear and anger.
 - B) their facial expressions of different emotions such as sadness or surprise.
 - C) the specific states of physiological arousal associated with their feelings of happiness or disgust.
 - D) how they interpret hand gestures such as the "thumbs up" signal.

A

A

C

D

A

D

12. After 9/11, Americans who responded with anger more than fear also displayed:
- A) more prejudice.
 - B) less heart disease.
 - C) more subjective well-being.
 - D) less physiological arousal.
13. The feel-good, do-good phenomenon refers to the fact that when people feel happy they:
- A) are more willing to help others.
 - B) make decisions more effectively.
 - C) experience a more positive self-image.
 - D) report greater satisfaction with their whole lives.
14. The general adaptation syndrome describes stages in the:
- A) production of endorphins.
 - B) body's response to aerobic exercise.
 - C) body's response to prolonged stress.
 - D) process of biofeedback.
15. Freud became interested in unconscious personality dynamics when he noticed that certain patients' symptoms:
- A) resulted from the physical abuse they received from their parents during childhood.
 - B) reflected an internal locus of control.
 - C) illustrated a reciprocal determinism.
 - D) made no neurological sense.
16. Ego is to id as _____ is to _____.
- A) unconscious; conscious
 - B) biology; morality
 - C) reality principle; pleasure principle
 - D) regression; repression
17. According to psychoanalytic theory, boys' fear of castration is most closely associated with:
- A) an oral fixation.
 - B) free association.
 - C) learned helplessness.
 - D) the Oedipus complex.

A

A

C

D

C

D

18. According to Freud, defense mechanisms are used by the:
- A) id to defend against the accusations and guilt feelings produced by the superego.
 - B) ego to prevent threatening impulses from being consciously recognized.
 - C) superego to prevent expression of sexual and aggressive drives.
 - D) id, ego, and superego in a repetitive sequence of internal conflicts.
19. The defense mechanism by which people disguise threatening impulses by attributing them to others is called:
- A) projection.
 - B) displacement.
 - C) fixation.
 - D) reaction formation.
20. Projective tests are most closely associated with the _____ perspective.
- A) socialcognitive
 - B) psychoanalytic
 - C) humanistic
 - D) trait
21. Abraham Maslow studied the lives of Abraham Lincoln, Thomas Jefferson, and Eleanor Roosevelt in order to understand the nature of:
- A) reciprocal determinism.
 - B) an internal locus of control.
 - C) self-actualization.
 - D) the false consensus effect.
22. Which psychologists are most likely to criticize standardized personality tests for failing to capture the unique subjective experience of the individual personality?
- A) psychoanalytic theorists
 - B) trait theorists
 - C) social-cognitive theorists
 - D) humanistic theorists
23. Carl Rogers would have suggested that many of the defense mechanisms described by Freud are used to minimize the perceived discrepancy between:
- A) manifest content and latent content.
 - B) the collective unconscious and the personal unconscious.
 - C) the actual self and the ideal self.
 - D) an internal locus of control and an external locus of control.

B

A

B

C

D

C

24. Personality inventories are designed to assess several _____ at once.
- A) possible selves
 - B) defense mechanisms
 - C) attributional styles
 - D) traits
25. The perception that one's fate is determined by luck reflects:
- A) reciprocal determinism.
 - B) self-serving bias.
 - C) an external locus of control.
 - D) the spotlight effect.
26. Learned helplessness is most likely to promote:
- A) unconditional positive regard.
 - B) an internal locus of control.
 - C) the spotlight effect.
 - D) pessimism.
27. Assessing an individual's standing on the Big Five today has the advantage of providing a(n) _____ personality description.
- A) fixated
 - B) trait
 - C) psychosexual
 - D) unconditional
28. 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) the spotlight effect.
 - D) fixation.
29. Psychiatrists and psychologists label behavior as disordered when it is:
- A) aggressive, persistent, and intentional.
 - B) selfish, habitual, and avoidable.
 - C) deviant, distressful, and dysfunctional.
 - D) biologically influenced, unconsciously motivated, and difficult to change.

30. Larry has difficulty organizing his daily schedule of work responsibilities. He often makes careless mistakes or fails to complete his work because he is easily distracted. Larry's behavior is most characteristic of:
- A) antisocial personality disorder.
 - B) attention-deficit hyperactivity disorder.
 - C) generalized anxiety disorder.
 - D) obsessive-compulsive disorder.
31. It would be most difficult to use the _____ to explain why anorexia nervosa occurs mostly in Western cultures.
- A) learning perspective
 - B) medical model
 - C) social-cognitive perspective
 - D) biopsychosocial approach
32. A fundamental problem with the diagnostic labeling of psychologically disordered behaviors is that the labels often:
- A) bias our perceptions of the labeled person.
 - B) represent attempts by psychologists to explain behavior by simply naming it.
 - C) interfere with effective research on the causes of these disorders.
 - D) interfere with effective treatment of these disorders.
33. Maladaptive behaviors that reduce worry and fear are most indicative of:
- A) bipolar disorder.
 - B) an anxiety disorder.
 - C) catatonia.
 - D) attention-deficit hyperactivity disorder.
34. A generalized anxiety disorder is characterized by:
- A) offensive and unwanted thoughts that persistently preoccupy a person.
 - B) a continuous state of tension, apprehension, and autonomic nervous system arousal.
 - C) hyperactive, wildly optimistic states of emotion.
 - D) alternations between extreme hopelessness and unrealistic optimism.
35. Obsessions are:
- A) unhealthy attachments to a person or thing.
 - B) false beliefs of persecution or grandeur.
 - C) periodic episodes of intense dread accompanied by frightening physical sensations.
 - D) anxiety-producing thoughts that persistently preoccupy a person.

B

B

A

B

B

D

36. Two years after being brutally beaten and raped, Joan still experiences jumpy anxiety and has trouble sleeping and vivid flashbacks of her assault. Joan is most clearly showing signs of:
- A) panic disorder.
 - B) post-traumatic stress disorder.
 - C) generalized anxiety disorder.
 - D) social phobia.
37. Disruptions in conscious awareness and sense of identity are most characteristic of _____ disorders.
- A) bipolar
 - B) obsessive-compulsive
 - C) generalized anxiety
 - D) dissociative
38. A biological perspective would be least helpful for explaining the:
- A) prevalence of schizophrenia throughout the world.
 - B) fluctuations in mood experienced by those suffering a bipolar disorder.
 - C) fear of snakes experienced by a high percentage of Americans.
 - D) dramatic increase in reported cases of dissociative identity disorder during the past 40 or so years.
39. The antisocial personality disorder is most likely to be characterized by:
- A) a persistent, irrational fear of people.
 - B) episodes of intense autonomic nervous system arousal.
 - C) disruptions in conscious awareness and sense of identity.
 - D) a lack of guilt feelings.
40. The reduced self-control of murderers is most closely related to reduced brain activity in their _____ lobes.
- A) frontal
 - B) temporal
 - C) occipital
 - D) parietal
41. 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) panic disorder
 - B) obsessive-compulsive disorder
 - C) schizophrenia
 - D) dissociative disorder
42. Among women, the stresses and demoralization of poverty are especially likely to precipitate:
- A) ADHD.
 - B) depression.
 - C) schizophrenia.
 - D) dissociative disorders.

B

D

D

D

A

C

B

PSY 202-02 (TTh 1:30-2:45)

Write answers to these questions in your blue-book.

KEY TERMS. Select as many as you know. For each term, supply a precise definition including the context and a clear example. For each name, identify the context and 2 other pieces of information. Partial answers will be worth partial credit, but silly guesses will result in a loss of up to 3 points (@ +/- 3 points).

Paralanguage

David Rosenhan

Paul Ekman

Glove Anesthesia

Reciprocal Determinism

Projection

Incongruence

Conversion Disorder

SHORT ANSWER. Select and answer 1 of these 2 questions (@ 6 points).

1. Identify 3 (of the 4) major Personality theories (not stress personality types). Then use any 2 specific technical terms from each theory to analyze yourself. Feel free to fictionalize details about yourself.
2. Compare & contrast each pair by identifying a major similarity & major difference:
DID vs GID
Selye vs Rodin
Bandura vs Skinner
3. Use the 6 steps of the stress process to analyze yourself preparing for final exams. Feel free to fictionalize details of yourself, but use technicals terms throughout.