

# Chapter 1

1. Professor Lewis studies the history of psychology. She would most likely agree with which of the following statements about psychology's early history?

- ☐ A. From its inception, psychology has always focused on the study of people who exhibit unusual behaviors or suffer from psychological disorders.
- ☐ B. Early psychologists disagreed about many issues including which methods psychologists should use and what kinds of behavior psychologists should study.
- ☐ C. All the early schools of psychology shared the common view that psychology should be the study of immediate conscious experience.
- ☐ D. The methods, definition, and scope of psychology have remained unchanged since psychology was founded in the nineteenth century.

**Answer: B**

2. Psychology is formally defined as:

- ☐ A. the scientific study of mental processes in human and non-human animals.
- ☐ B. the scientific study of the cause and treatment of mental illness.
- ☐ C. the scientific study of behavior and mental processes.
- ☐ D. the scientific investigation of unconscious mental processes.

**Answer: C**

3. Which famous Greek philosopher wrote extensively about such psychological topics as sleep and dreaming, the senses, memory, and learning?

- ☐ A. Aristotle
- ☐ B. Descartes
- ☐ C. Calkins
- ☐ D. James

**Answer: A**

4. In thinking about psychology and consciousness, the idea that the mind and the body are separate entities that interact makes a lot of sense to you. This view that you hold is most like the view of:

- ☐ A. Aristotle.
- ☐ B. Descartes.
- ☐ C. Watson.
- ☐ D. Skinner.

**Answer: B**

5. French philosopher René Descartes:

- ☐ A. strongly opposed the idea of establishing psychology as a separate science.
- ☐ B. promoted a doctrine called interactive dualism.
- ☐ C. was the first of Wundt's students to receive a doctorate in psychology.

- ☐ D. was a philosopher who wrote extensively about topics such as sleep, dreams, the senses, and memory more than 2,000 years ago.

**Answer: B**

6. Interactive dualism is the idea that:

- ☐ A. all living organisms must interact and perform dual functions to survive.
- ☐ B. most severe mental disorders, such as schizophrenia, involve a splitting of the mind.
- ☐ C. mind and body are separate entities that interact to produce conscious experiences.
- ☐ D. people with very diverse qualities and beliefs are most likely to be attracted to each other.

**Answer: C**

7. Which of the following statements is TRUE?

- ☐ A. It was the Greek philosopher Aristotle who first defined psychology as the "scientific study of behavior and mental processes."
- ☐ B. In contemporary psychology, the nature–nurture issue explores the influence of hereditary versus environmental factors on behavior.
- ☐ C. The mind-body issue has now been settled and psychologists no longer explore the relationship between mental activity and the brain.
- ☐ D. The principle of interactive dualism was formulated by Aristotle more than 2,000 years ago.

**Answer: B**

8. Which of the following fields had the greatest impact on the emergence of psychology as a separate scientific discipline?

- ☐ A. history
- ☐ B. mathematics
- ☐ C. physics
- ☐ D. physiology

**Answer: D**

9. How did physiology contribute to the emergence of psychology as a separate scientific discipline?

- ☐ A. In defining the boundaries of their science, physiologists rejected the study of mental processes and behavior.
- ☐ B. Physiologists in the late nineteenth century proposed that psychology should be a separate subdiscipline of philosophy.
- ☐ C. Physiologists demonstrated that scientific methods could be applied to understanding human behavior and mental processes.
- ☐ D. Physiologists in the late nineteenth century were unable to apply scientific methods to the study of human behavior and thinking and consequently psychology was no longer part of that discipline.

**Answer: C**

10. Wilhelm Wundt investigated which of the following phenomena?

- ☐ A. the nature versus nurture issue and interactive dualism
- ☐ B. fundamental psychological processes, such as mental reaction times in response to visual and auditory stimuli
- ☐ C. mental disorders and abnormal behavior
- ☐ D. damaged areas of the human brain

**Answer: B**

**11.** Wilhelm Wundt:

- ☐ A. was a German physiologist who established the first psychology research laboratory at the University of Leipzig.
- ☐ B. was a French philosopher who proposed the idea of interactive dualism.
- ☐ C. is credited with the discovery of unconscious mental processes.
- ☐ D. was an Austrian physician who founded the psychoanalytic school of psychology.

**Answer: A**

**12.** Wilhelm Wundt outlined the connections between physiology and psychology:

- ☐ A. in his famous text titled *Principles of Physiological Psychology*, published in 1874.
- ☐ B. in a series of famous lectures at Clark University in 1909.
- ☐ C. in a public debate with William James at Harvard University.
- ☐ D. in his famous book *Principles of Psychology*, published in two volumes in 1890.

**Answer: A**

**13.** Which of the following events do most historians consider to mark the formal beginning of psychology as a scientific discipline?

- ☐ A. Aristotle's landmark essay in 335 B.C., entitled "On the Soul"
- ☐ B. The 1924 publication of John Watson's book, entitled *Behaviorism*
- ☐ C. The establishment of the first psychology research laboratory by Wilhelm Wundt in 1879
- ☐ D. Sigmund Freud's discovery of the unconscious mind in the early twentieth century

**Answer: C**

**14.** Wilhelm Wundt defined psychology as:

- ☐ A. a new branch of physiology.
- ☐ B. the study of the behavior of humans and other animals.
- ☐ C. a branch of philosophy, not science.
- ☐ D. the study of consciousness.

**Answer: D**

**15.** It was \_\_\_\_\_ who opened the first psychology laboratory in \_\_\_\_\_.

- ☐ A. Sigmund Freud; 1904
- ☐ B. William James; 1890
- ☐ C. Edward B. Titchener; 1892

- ☐ D. Wilhelm Wundt; 1879

**Answer: D**

**16.** At which university was the very first psychology research laboratory established?

- ☐ A. Johns Hopkins University  
☐ B. Harvard University  
☐ C. The University of Leipzig  
☐ D. Cornell University

**Answer: C**

**17.** Which of the following was the first "school" of thought or approach in psychology?

- ☐ A. structuralism  
☐ B. functionalism  
☐ C. behaviorism  
☐ D. psychoanalysis

**Answer: A**

**18.** Which early approach or "school" of psychology is associated with Wilhelm Wundt's student Edward Titchener?

- ☐ A. behaviorism  
☐ B. humanistic psychology  
☐ C. functionalism  
☐ D. structuralism

**Answer: D**

**19.** More so than any other male psychologist at that time, it was \_\_\_\_\_ who helped female students attain their psychology doctorate in his graduate program at Cornell University.

- ☐ A. G. Stanley Hall  
☐ B. Francis C. Sumner  
☐ C. William James  
☐ D. Edward Titchener

**Answer: D**

**20.** The early psychological school called structuralism emphasized the study of:

- ☐ A. habits and adaptive behavior.  
☐ B. physiology.  
☐ C. the relative importance of nature versus nurture.  
☐ D. the elemental components of sensations, feelings, and conscious experience.

**Answer: D**

**21.** "What are the most basic units or structures of consciousness?" This is a question that would most

likely be of interest to a follower of:

- ☐ A. humanism.
- ☐ B. behaviorism.
- ☐ C. functionalism.
- ☐ D. structuralism.

**Answer: D**

**22.** You are a subject in an experiment who is told: "Look at this apple very carefully and tell me your exact sensations and feelings as you experience them." The experimenter in this study probably believes in what school of psychology?

- ☐ A. psychoanalysis
- ☐ B. functionalism
- ☐ C. structuralism
- ☐ D. behaviorism

**Answer: C**

**23.** As a subject in an experiment, you are told to look at a coffee mug carefully and then report all of your sensations and feelings about the coffee mug after viewing it. What psychological technique have you been told to use?

- ☐ A. psychoanalysis
- ☐ B. introspection
- ☐ C. interactive dualism
- ☐ D. natural selection

**Answer: B**

**24.** Structuralism:

- ☐ A. promoted the use of nonhuman animals to study brain functions.
- ☐ B. ended when Descartes demonstrated that the brain consisted of multiple structures, not one.
- ☐ C. was based on the idea that even our most complex conscious experiences could be broken down into basic mental "structures" of sensations and feelings.
- ☐ D. contended that basic human thoughts are contained in common genetic structures that are passed from generation to generation.

**Answer: C**

**25.** Which early school of psychology relied on a method called introspection?

- ☐ A. functionalism
- ☐ B. evolutionary psychology
- ☐ C. behaviorism
- ☐ D. structuralism

**Answer: D**

**26.** What was NOT a criticism of introspection as a technique?

- ☐ **A.** It was an unreliable method since different subjects often provided different reports about the same stimulus.
- ☐ **B.** There was too great an emphasis on the physiological mechanisms that made the technique work so effectively.
- ☐ **C.** Introspection could not be used to study children or animals.
- ☐ **D.** A number of topics, including learning, development, and mental disorders could not be studied using this technique.

**Answer: B**

**27.** One important limitation of introspection as a research method was that introspection:

- ☐ **A.** could not be used to study behavior in children or animals.
- ☐ **B.** could only be used to study the behavior of people in groups.
- ☐ **C.** emphasized unconscious mental processes rather than conscious mental processes.
- ☐ **D.** was only appropriate as a method to study complex topics, such as learning, development, and personality.

**Answer: A**

**28.** Of the early schools of psychology, which was the first to disappear?

- ☐ **A.** psychoanalysis
- ☐ **B.** functionalism
- ☐ **C.** behaviorism
- ☐ **D.** structuralism

**Answer: D**

**29.** Scientists in the nineteenth century who believed that species had not been created once and for all, but had changed over time were called:

- ☐ **A.** introspectionists.
- ☐ **B.** structuralists.
- ☐ **C.** evolutionists.
- ☐ **D.** behaviorists.

**Answer: C**

**30.** It was \_\_\_\_\_ who wrote *On the Origin of Species*, which was published in \_\_\_\_\_.

- ☐ **A.** Charles Darwin; 1859
- ☐ **B.** Margaret Floy Washburn; 1908
- ☐ **C.** William James; 1890
- ☐ **D.** Sigmund Freud; 1909

**Answer: A**

**31.** Which of the following people played a key role in establishing psychology as a scientific discipline in the United States?

- ☐ A. William James
- ☐ B. Sigmund Freud
- ☐ C. B. F. Skinner
- ☐ D. Abraham Maslow

**Answer: A**

**32.** It took more than ten years to write and was 1,400 pages long when it was published. Who wrote the landmark textbook, *Principles of Psychology*?

- ☐ A. John B. Watson
- ☐ B. Margaret Floy Washburn
- ☐ C. B. F. Skinner
- ☐ D. William James

**Answer: D**

**33.** Who said: "Now the *immediate* fact which psychology, the science of mind, has to study is also the most general fact. It is the fact that in each of us, when awake (and often when asleep), *some kind of consciousness* is always going on."

- ☐ A. John B. Watson
- ☐ B. William James
- ☐ C. B. F. Skinner
- ☐ D. Mary Whiton Calkins

**Answer: B**

**34.** \_\_\_\_\_ is to structuralism as \_\_\_\_\_ is to functionalism.

- ☐ A. Wilhelm Wundt; Edward Titchener
- ☐ B. William James; Mary Whiton Calkins
- ☐ C. Edward Titchener; William James
- ☐ D. Mary Whiton Calkins; Wilhelm Wundt

**Answer: C**

**35.** "I believe that consciousness should be studied to help us understand the adaptive and practical functions of human behavior." Such a statement would most likely be made by:

- ☐ A. William James.
- ☐ B. Sigmund Freud.
- ☐ C. B. F. Skinner.
- ☐ D. John B. Watson.

**Answer: A**

**36.** Which early school of psychology examined how psychology could be applied to education, child rearing, and the work environment?

- ☐ A. structuralism
- ☐ B. behaviorism
- ☐ C. psychoanalysis
- ☐ D. functionalism

**Answer: D**

**37.** Which school of psychology would agree that “psychology should stress the study of how behavior and mental processes allow people and animals to adapt to their environments”?

- ☐ A. structuralism
- ☐ B. behaviorism
- ☐ C. functionalism
- ☐ D. psychoanalysis

**Answer: C**

**38.** Both structuralists and functionalists agreed that:

- ☐ A. psychology should not focus on the study of conscious experience, but rather on the investigation of observable behaviors.
- ☐ B. psychologists should directly observe the behaviors of animals in natural settings.
- ☐ C. psychology should study conscious experience.
- ☐ D. psychological findings should be applied to areas like education, mental illness, health, and child rearing.

**Answer: C**

**39.** Who was the first person to be awarded a Ph.D. in psychology in the United States?

- ☐ A. B. F. Skinner
- ☐ B. John B. Watson
- ☐ C. Francis C. Sumner
- ☐ D. G. Stanley Hall

**Answer: D**

**40.** Which of the following psychologists founded the American Psychological Association and established the first journal devoted to psychology in the United States?

- ☐ A. William James
- ☐ B. G. Stanley Hall
- ☐ C. John B. Watson
- ☐ D. Mary Whiton Calkins

**Answer: B**

**41.** Which of the following statements about Mary Whiton Calkins is FALSE?

- ☐ A. Calkins was the first woman president of the American Psychological Association.
- ☐ B. Calkins conducted research on dreams, memory, and personality.



- ☐ C. Calkins established one of the first psychology laboratories in the United States.
- ☐ D. Calkins founded behaviorism as one of the early schools of psychology.

**Answer: D**

**42.** Which of the following is a TRUE statement about Mary Whiton Calkins?

- ☐ A. She was the first woman to study with Wilhelm Wundt and receive a Ph.D. in psychology from Leipzig University.
- ☐ B. She was the first woman president of the American Psychological Association and conducted research on dreams, memory, and personality.
- ☐ C. In 1908 she published an influential text, titled *The Animal Mind*.
- ☐ D. She was a comparative psychologist who conducted groundbreaking research on the giant panda.

**Answer: B**

**43.** Who was the first woman to be elected president of the American Psychological Association?

- ☐ A. Margaret Floy Washburn in 1921
- ☐ B. Francis C. Sumner in 1922
- ☐ C. Mary Whiton Calkins in 1905
- ☐ D. Rebecca Snyder in 1995

**Answer: C**

**44.** Why was Mary Whiton Calkins denied the Ph.D. degree she had earned in her graduate studies of psychology at Harvard University?

- ☐ A. because her research was in an area called comparative psychology that was not recognized as a legitimate part of scientific psychology at Harvard University at the time
- ☐ B. because at the time, Harvard University forbade the use of nonhuman animals in psychology research
- ☐ C. because William James was opposed to opening the field of psychology to women and refused to support her application despite the fact that she was his most brilliant student
- ☐ D. because she was a woman and at the time Harvard was not a coeducational institution

**Answer: D**

**45.** Both Mary Whiton Calkins and Margaret Floy Washburn:

- ☐ A. studied psychology at Wellesley College and Harvard University.
- ☐ B. were students of G. Stanley Hall.
- ☐ C. were elected president of the American Psychological Association.
- ☐ D. were students of Francis C. Sumner.

**Answer: C**

**46.** The first U.S. woman to be awarded a Ph.D. in psychology was:

- ☐ A. Mary Whiton Calkins.
- ☐ B. Margaret Floy Washburn.

- ☐ C. Renee Descartes.
- ☐ D. Francis C. Sumner.

**Answer: B**

**47.** Which of the following early psychologists wrote *The Animal Mind* and strongly advocated the scientific study of the mental processes of different animal species?

- ☐ A. Margaret Floy Washburn
- ☐ B. John B. Watson
- ☐ C. Mary Whiton Calkins
- ☐ D. Edward B. Titchener

**Answer: A**

**48.** The first African American to receive a Ph.D. in psychology in the United States was:

- ☐ A. Francis C. Sumner.
- ☐ B. Abraham Maslow.
- ☐ C. G. Stanley Hall.
- ☐ D. Margaret Floy Washburn.

**Answer: A**

**49.** Which of the following is true of Francis C. Sumner?

- ☐ A. He was the first African American president of the American Psychological Association.
- ☐ B. He was the first person to be awarded a Ph.D. in psychology in the United States.
- ☐ C. He was denied the Ph.D. degree he had earned in his graduate studies at Harvard University because he was African American.
- ☐ D. He chaired the Psychology Department at Howard University and was the first African American to receive a Ph.D. in psychology in the United States.

**Answer: D**

**50.** The founder of psychoanalysis was:

- ☐ A. American psychologist B. F. Skinner.
- ☐ B. American psychologist Carl Rogers.
- ☐ C. German psychologist Wilhelm Wundt.
- ☐ D. Austrian physician Sigmund Freud.

**Answer: D**

**51.** Psychoanalysis emphasized:

- ☐ A. unconscious causes of behavior.
- ☐ B. overt behavior and principles of learning.
- ☐ C. psychological growth and conscious experience.
- ☐ D. the perception of whole figures.

**Answer: A**

**52.** Who would have been most likely to say: "Why you behave the way you do is because of unconscious reasons, not reasons in your consciousness"?

- ☐ **A.** William James
- ☐ **B.** John B. Watson
- ☐ **C.** Sigmund Freud
- ☐ **D.** G. Stanley Hall

**Answer: C**

**53.** Sigmund Freud:

- ☐ **A.** believed that experiences in early childhood were critical in the formation of adult personality.
- ☐ **B.** promoted functionalism during his lecture series at Clark University in 1909.
- ☐ **C.** stated that psychology should be the study of overt measurable behavior, especially as it pertains to learning.
- ☐ **D.** founded humanistic psychology.

**Answer: A**

**54.** Your therapist is very interested in your dreams, blocked memories, and slips of the tongue. On which approach to psychology is your therapist probably basing his psychotherapy?

- ☐ **A.** structuralism
- ☐ **B.** psychoanalysis
- ☐ **C.** behaviorism
- ☐ **D.** functionalism

**Answer: B**

**55.** After attending a series of lectures by Freud at Clark University in 1909, \_\_\_\_\_ described Freud as "a man obsessed with fixed ideas."

- ☐ **A.** Francis C. Sumner
- ☐ **B.** G. Stanley Hall
- ☐ **C.** Mary Whiton Calkins
- ☐ **D.** William James

**Answer: D**

**56.** Sigmund Freud:

- ☐ **A.** refused to visit the United States but lectured extensively at universities throughout Europe and the Mediterranean.
- ☐ **B.** trained Carl Rogers in the use of scientific methods to study the unconscious mind.
- ☐ **C.** promoted the importance of the nature versus nurture issue and interactive dualism in understanding human behavior.
- ☐ **D.** delivered a series of lectures on psychoanalysis at Clark University in Massachusetts in the early 1900s.

**Answer: D**

**57.** The early school of psychology called *behaviorism*:

- ☐ **A.** grew out of Russian physiologist Ivan Pavlov's pioneering research in which he conditioned dogs to salivate to the sound of a bell.
- ☐ **B.** was the first of the early schools to disappear.
- ☐ **C.** was flatly rejected by John Watson and B. F. Skinner in the early 1900s.
- ☐ **D.** was rejected as a pseudoscience in the early 1930s by the American Psychological Association (APA) and the American Association for the Advancement of Science (AAAS).

**Answer:** A

**58.** Behaviorism was characterized by:

- ☐ **A.** the rejection of consciousness as a topic in psychology and a focus upon observable behavior.
- ☐ **B.** a narrow focus upon consciousness and conscious experience.
- ☐ **C.** a focus upon the importance of free will, self-determination, and psychological growth.
- ☐ **D.** an emphasis upon the unconscious determinants of personality.

**Answer:** A

**59.** The founder of behaviorism was:

- ☐ **A.** G. Stanley Hall.
- ☐ **B.** William James.
- ☐ **C.** John Watson.
- ☐ **D.** Carl Rogers.

**Answer:** C

**60.** Which of the following statements about behaviorism is TRUE?

- ☐ **A.** B. F. Skinner borrowed the introspection technique from structuralism for use in his methods for behaviorism.
- ☐ **B.** Behaviorism was based on Margaret Washburn's animal research showing the importance of animal consciousness.
- ☐ **C.** Behaviorism emphasized the importance of unconscious influences on human behavior.
- ☐ **D.** John B. Watson argued that consciousness was not a usable concept and considered consciousness to be a concept related to superstition and magic.

**Answer:** D

**61.** Which of the following people strongly objected to structuralism's use of introspection and its emphasis on conscious mental processes?

- ☐ **A.** John B. Watson
- ☐ **B.** Edward B. Titchener
- ☐ **C.** Margaret Floy Washburn
- ☐ **D.** Sigmund Freud

**Answer:** A

**62.** Who said: "Behaviorism, on the contrary, holds that the subject matter of human psychology *is the behavior of the human being*. Behaviorism claims that consciousness is neither a definite nor a usable concept. The behaviorist, who has been trained always as an experimentalist, holds, further, that belief in the existence of consciousness goes back to the ancient days of superstition and magic."

- ☐ **A.** Abraham Maslow
- ☐ **B.** Edward B. Titchener
- ☐ **C.** Francis C. Sumner
- ☐ **D.** John B. Watson

**Answer: D**

**63.** "My goal is to discover how behavior is acquired and modified in response to environmental influences." Such a statement would most likely be made by:

- ☐ **A.** John B. Watson.
- ☐ **B.** William James.
- ☐ **C.** Sigmund Freud.
- ☐ **D.** Carl Rogers.

**Answer: A**

**64.** Who conditioned dogs to reflexively salivate to the sound of a bell rather than food?

- ☐ **A.** American psychologist Margaret Washburn
- ☐ **B.** Russian physiologist Ivan Pavlov
- ☐ **C.** Austrian physician Sigmund Freud
- ☐ **D.** American psychologist B. F. Skinner

**Answer: B**

**65.** Key figures in the development of behaviorism include:

- ☐ **A.** Wundt, Titchener, and James.
- ☐ **B.** James, Watson, and Calkins.
- ☐ **C.** Maslow, Freud, and Rogers.
- ☐ **D.** Watson, Pavlov, and Skinner.

**Answer: D**

**66.** \_\_\_\_\_ is to psychoanalysis as \_\_\_\_\_ is to humanistic psychology.

- ☐ **A.** Freud; James
- ☐ **B.** Skinner; Calkins
- ☐ **C.** Freud; Rogers
- ☐ **D.** Maslow; Pavlov

**Answer: C**

**67.** With which behaviorist would you associate the procedures of reinforcement and punishment and operant conditioning?

- ☐ A. Ivan Pavlov
- ☐ B. Abraham Maslow
- ☐ C. B. F. Skinner
- ☐ D. William James

**Answer: C**

**68.** Which of the following approaches dominated American psychology for the first half of the twentieth century?

- ☐ A. structuralism
- ☐ B. functionalism
- ☐ C. behaviorism
- ☐ D. psychoanalysis

**Answer: C**

**69.** Conscious experiences are to unconscious experiences as \_\_\_\_\_ is to \_\_\_\_\_.

- ☐ A. B. F. Skinner; Abraham Maslow
- ☐ B. Carl Rogers; Sigmund Freud
- ☐ C. Wilhelm Wundt; John B. Watson
- ☐ D. William James; Wilhelm Wundt

**Answer: B**

**70.** Two key figures in the development of humanistic psychology include:

- ☐ A. Abraham Maslow and Carl Rogers.
- ☐ B. Sigmund Freud and B. F. Skinner.
- ☐ C. Mary Calkins and Margaret Floy Washburn.
- ☐ D. John Watson and B. F. Skinner.

**Answer: A**

**71.** Which of the following people developed a theory of motivation that emphasized psychological growth?

- ☐ A. John B. Watson
- ☐ B. Abraham Maslow
- ☐ C. G. Stanley Hall
- ☐ D. Ivan Pavlov

**Answer: B**

**72.** Which of the following people emphasized conscious experiences and each person's unique potential for psychological growth and self-direction?

- ☐ A. Carl Rogers
- ☐ B. F. Skinner
- ☐ C. Sigmund Freud

- ☐ D. John B. Watson

**Answer: A**

**73.** Which of the following approaches was referred to as the “third force” in American psychology?

- ☐ A. psychoanalysis
- ☐ B. functionalism
- ☐ C. humanistic psychology
- ☐ D. cognitive psychology

**Answer: C**

**74.** Humanistic psychology emphasized:

- ☐ A. the active role played by mental processes in organizing sensations into meaningful perceptions.
- ☐ B. the experimental study of overt, observable behaviors.
- ☐ C. unconscious determinants of personality and behavior.
- ☐ D. free will, self-determination, psychological growth, and human potential.

**Answer: D**

**75.** Humanistic psychology was called the “third force” because it:

- ☐ A. provided an alternative viewpoint to the two approaches that were dominant at the time, behaviorism and psychoanalysis.
- ☐ B. was based upon the belief that there were three forces that motivated all human behavior.
- ☐ C. proposed that there were three methods that could be used to scientifically study human behavior.
- ☐ D. was composed of three separate branches, or schools.

**Answer: A**

**76.** The development of medications that helped control the symptoms of severe psychological disorders and development of techniques to study the human brain contributed to the importance of \_\_\_\_\_ psychology in recent decades.

- ☐ A. industrial/organizational
- ☐ B. cognitive
- ☐ C. humanistic
- ☐ D. biological

**Answer: D**

**77.** The \_\_\_\_\_ perspective emphasizes studying the physical bases of human and animal behavior, including the nervous system and genetics.

- ☐ A. psychodynamic
- ☐ B. humanistic
- ☐ C. behavioral
- ☐ D. biological

**Answer: D**

**78.** "Changes in the Brain with Age" would most likely be a journal article written by a psychologist who subscribes to the \_\_\_\_\_ perspective of psychology.

- ☐ **A.** biological
- ☐ **B.** psychodynamic
- ☐ **C.** behavioral
- ☐ **D.** humanistic

**Answer: A**

**79.** Dr. Jackson is studying changes in the brain after stressful experiences. Dr. Jackson is most likely to subscribe to the \_\_\_\_\_ perspective.

- ☐ **A.** behavioral
- ☐ **B.** cross-cultural
- ☐ **C.** biological
- ☐ **D.** psychodynamic

**Answer: C**

**80.** The \_\_\_\_\_ perspective of psychology emphasizes the importance of unconscious influences and early life experiences in explaining the underlying dynamics of behavior.

- ☐ **A.** cognitive
- ☐ **B.** biological
- ☐ **C.** humanistic
- ☐ **D.** psychodynamic

**Answer: D**

**81.** Freud's landmark theory of personality became the basis of which perspective in contemporary psychology?

- ☐ **A.** cognitive
- ☐ **B.** psychodynamic
- ☐ **C.** humanistic
- ☐ **D.** behavioral

**Answer: B**

**82.** Watson and Skinner's contentions that psychology should study the laws of learning and outwardly observable behavior form the basis of which perspective in contemporary psychology?

- ☐ **A.** cognitive
- ☐ **B.** psychodynamic
- ☐ **C.** humanistic
- ☐ **D.** behavioral

**Answer: D**

**83.** The fundamental laws of learning are a focus of the \_\_\_\_\_ perspective of psychology.



- ☐ A. cognitive
- ☐ B. humanistic
- ☐ C. behavioral
- ☐ D. cross-cultural

**Answer: C**

**84.** Dr. Barongon is a psychotherapist who helps people develop choices and self-direction in striving to reach their fullest potential. Dr. Barongon probably subscribes to the \_\_\_\_\_ perspective of psychology.

- ☐ A. cross-cultural
- ☐ B. psychodynamic
- ☐ C. cognitive
- ☐ D. humanistic

**Answer: D**

**85.** The perspective called positive psychology is concerned primarily with:

- ☐ A. helping people of all ages adjust, adapt, and cope with personal and interpersonal problems in such diverse areas as relationships, work, education, marriage, child rearing, and aging.
- ☐ B. the role of psychological factors in the development, prevention, and treatment of illness and developing ways of promoting health-enhancing behaviors.
- ☐ C. the study of positive emotions and psychological states, positive individual traits, and the social institutions that foster positive qualities in individuals and communities.
- ☐ D. studying the causes, diagnosis, treatment, and prevention of different types of behavioral and emotional disorders, such as anxiety, mood, or eating disorders.

**Answer: C**

**86.** Theresa is attracted to a relatively new area of psychology that focuses on the conditions and processes that contribute to optimal functioning of people, groups, and institutions. She believes that psychology should be concerned with optimistic, constructive emotions and psychological states and the institutions that foster these qualities in individuals and communities. Her views are most consistent with the \_\_\_\_\_ perspective in psychology.

- ☐ A. biological
- ☐ B. behavioral
- ☐ C. positive
- ☐ D. psychodynamic

**Answer: C**

**87.** The cognitive perspective of psychology focuses on:

- ☐ A. the important role of mental processes in how people process information, develop language, solve problems, and think.
- ☐ B. how overt behavior is acquired and modified by environmental influences.
- ☐ C. the diversity of human behavior in different cultural settings and countries.

- ☐ D. the motivation of people to grow psychologically, the influence of interpersonal relationships on a person's self-concept, and the importance of choice and self-direction in striving to reach one's potential.

**Answer: A**

**88.** During the 1960s the movement away from traditional behaviorism and towards the study of how mental processes influence behavior was called:

- ☐ A. the "cognitive revolution" and was influenced by the development of the first computers.
- ☐ B. the "third force" in American psychology.
- ☐ C. the positive psychology perspective.
- ☐ D. neuroscience or neuropsychological and was influenced by the development of the first computers.

**Answer: A**

**89.** The term *cognitive revolution* refers to:

- ☐ A. the founding of humanistic psychology as the "third force" that strongly opposed psychoanalysis and behaviorism.
- ☐ B. a renewed emphasis upon the study of mental processes, which represented a "revolt" or break from traditional behaviorism.
- ☐ C. the discovery of the role played by neurotransmitters in the brain during complex behaviors.
- ☐ D. the revolt of research subjects against unethical practices and experiments, which led to new ethical standards in psychology.

**Answer: B**

**90.** In contemporary psychology, the psychodynamic perspective, the behavioral perspective, and the humanistic perspective:

- ☐ A. are often emphasized among psychologists working in the mental health field.
- ☐ B. are considered pseudosciences.
- ☐ C. have been combined to form a new specialty area called comparative psychology.
- ☐ D. are no longer used.

**Answer: A**

**91.** As a psychology researcher, you have found that the public expression of emotions differs among people from the United States, Japan, Switzerland, and Israel. This type of research fits best with which perspective in psychology?

- ☐ A. evolutionary perspective
- ☐ B. cross-cultural perspective
- ☐ C. cognitive perspective
- ☐ D. humanistic perspective

**Answer: B**

**92.** Research on social loafing demonstrated that European subjects engage in social loafing whereas

Chinese subjects display the opposite behavior. These results illustrate the importance of \_\_\_\_\_ psychology.

- ☐ A. cross-cultural
- ☐ B. cognitive
- ☐ C. biological
- ☐ D. humanistic

**Answer: A**

**93.** What is *social loafing*?

- ☐ A. It is the tendency to reduce normal grooming behavior, which is often seen among captive animals, especially primates.
- ☐ B. It is a scientist's tendency to reduce productive behavior after receiving an award or recognition.
- ☐ C. It is the term used to refer to the typical group behavior of college students during spring break.
- ☐ D. It is the tendency to exert more effort on a task when working alone than when working as part of a group.

**Answer: D**

**94.** "I hate doing group projects in my classes," Hillary complained. "When we do a group project, people just don't work as hard as they do when they are working alone." Hillary's observation reflects a psychological phenomenon called:

- ☐ A. an illusory correlation.
- ☐ B. ethnocentrism.
- ☐ C. social loafing.
- ☐ D. random selection.

**Answer: C**

**95.** Which of the following statements best characterizes the principle of natural selection?

- ☐ A. If given ample social opportunities, each person will naturally select a mate with similar personality characteristics.
- ☐ B. Over the course of time, the most adaptive characteristics in a particular environment enhance survival and are passed on to the next generation.
- ☐ C. Natural selection is the consistent finding that when given an abundant and wide range of food choices, animals in the wild will naturally select a diet that supplies all the necessary nutrients.
- ☐ D. Natural selection is the strong human tendency to socialize with people of the same ethnic group.

**Answer: B**

**96.** Which statement best characterizes the evolutionary perspective of psychology?

- ☐ A. Human behavior is best understood in terms of the individual capacity for growth, free will, and self-direction.

- ☐ B. To fully understand human behavior, you must understand how behavior varies among different cultures.
- ☐ C. A given psychological process exists in the form it does because the process solved a specific problem of individual survival or reproduction that repeatedly occurred over the course of human history.
- ☐ D. As medical and technological advances have evolved, the biological basis of behavior should be the primary focus of contemporary psychology.

**Answer: C**

**97.** The evolutionary perspective in psychology:

- ☐ A. has had next to no influence in psychology after it was flatly rejected by William James in the late 1800s.
- ☐ B. analyzes behavior in terms of its adaptive function, such as how it increases a species' chances to survive and reproduce.
- ☐ C. is now regarded as nothing more than pseudoscience.
- ☐ D. analyzes how the key ideas of psychology have evolved since it was founded as an experimental science in the late 1800s.

**Answer: B**

**98.** Psychologists who take the evolutionary perspective:

- ☐ A. believe that psychological processes that help individuals adapt to their environment also help them survive, reproduce, and pass those abilities on to future generations.
- ☐ B. study how behavior develops over the lifespan.
- ☐ C. study how different languages evolved.
- ☐ D. search for the tools, artifacts, and drawings of our earliest ancestors.

**Answer: A**

**99.** Evolutionary psychology:

- ☐ A. emphasizes the sweeping changes in human behavior and psychological processes that have occurred in the last 100 years.
- ☐ B. primarily concentrates on describing the cultural differences among racial and ethnic groups.
- ☐ C. applies Darwin's theory about the role of natural selection to human psychological processes.
- ☐ D. was established in the late 1800s by William James, who was greatly influenced by the work of Charles Darwin.

**Answer: C**

**100.** Which of the following is NOT a characteristic of collectivistic cultures?

- ☐ A. A person's identity is closely tied to the identity of a larger group, such as a family or work group.
- ☐ B. The needs and goals of the group are valued over the needs and goals of the individual.

- ☐ C. They are more commonly found in Asia and South America than in North America and Europe.
- ☐ D. The importance of self-reliance and individual achievement are emphasized.

**Answer: D**

**101.** In contrast to collectivistic cultures, individualistic cultures tend to:

- ☐ A. value the needs and goals of the individual over the needs and goals of the group.
- ☐ B. stress the interdependence of all people.
- ☐ C. be less susceptible to cultural influences.
- ☐ D. downplay individual abilities and achievements.

**Answer: A**

**102.** In collectivistic cultures, a person's sense of identity:

- ☐ A. is primarily determined by his or her outstanding accomplishments.
- ☐ B. is strongly influenced by the person's interdependent relationships with others, such as the person's family.
- ☐ C. is largely a matter of individual preferences and attitudes.
- ☐ D. is best characterized as independent, autonomous, and distinctive.

**Answer: B**

**103.** Approximately \_\_\_\_\_ of the world's population lives in \_\_\_\_\_.

- ☐ A. two-thirds; collectivistic cultures
- ☐ B. three-fourths; individualistic cultures
- ☐ C. half; China
- ☐ D. half; North America

**Answer: A**

**104.** Psychologist Harry Triandis has said, "All cultures are simultaneously very similar and very different." What does Triandis mean by this statement?

- ☐ A. Because individuals are so different, cultures cannot be meaningfully studied or compared.
- ☐ B. People in different cultures share many fundamental human attributes and motives, yet people in each culture express these qualities and motives in different ways.
- ☐ C. Ethnocentrism is more prevalent in some cultures than in others.
- ☐ D. Collectivistic cultures cannot be understood by members of individualistic cultures.

**Answer: B**

**105.** In cross-cultural psychology, the term *culture* refers to:

- ☐ A. American music and art.
- ☐ B. the attitudes, values, beliefs, and behaviors shared by a group of people and communicated from one generation to another.
- ☐ C. the universal human motives and beliefs that are shared by all people.

- ☐ D. a colony of bacteria grown in the laboratory, typically in a small glass dish.

**Answer: B**

**106.** During her first trip abroad, Paula was surprised to find that people in other cultures ate such foods as snails, squid, insects, lizards, earthworms, and seaweed. "One day they will become civilized like us and eat normal foods like donuts, pizza, hot dogs, and hamburgers and fries," she e-mailed her parents. Paula's remarks reflect a tendency called:

- ☐ A. collectivism.  
☐ B. ethnocentrism.  
☐ C. expectancy effects.  
☐ D. demand characteristics.

**Answer: B**

**107.** When Susan learned that infants in Mayan families in Guatemala often sleep in their mother's bed until the child is two or three years old, she expressed her surprise that the Mayan culture was so "backward" compared with American culture. Susan's views are a good example of \_\_\_\_\_ in action.

- ☐ A. normative social influence  
☐ B. demand characteristics  
☐ C. ethnocentrism  
☐ D. expectancy effects

**Answer: C**

**108.** Ethnocentrism refers to the tendency to:

- ☐ A. behave in accordance with cultural norms.  
☐ B. stress the importance of cross-cultural psychology.  
☐ C. use your own culture as the standard for judging other cultures.  
☐ D. deny your ethnic heritage.

**Answer: C**

**109.** One of the pie charts presented in Chapter 1 listed the specialty areas of psychologists who had recently received their doctorates. Which specialty area was selected most often?

- ☐ A. industrial and organizational psychology  
☐ B. school psychology  
☐ C. clinical psychology  
☐ D. biological psychology

**Answer: C**

**110.** One of the pie charts presented in Chapter 1 listed the primary employment settings for psychologists. What was the most common employment setting for psychologists?

- ☐ A. federal government agencies  
☐ B. for-profit organizations and self-employment

- ☐ C. non-profit organizations
- ☐ D. the American Psychological Association

**Answer: B**

**111.** One of the pie charts presented in Chapter 1 listed the specialty areas of psychologists who had recently received their doctorates. Which specialty area was the most popular choice?

- ☐ A. counseling psychology
- ☐ B. educational psychology
- ☐ C. forensic psychology
- ☐ D. clinical psychology

**Answer: D**

**112.** Dr. McNair has been studying the effects of different levels of estrogen hormones on mating behaviors in male and female hamsters. Dr. McNair is most likely a \_\_\_\_\_ psychologist.

- ☐ A. cognitive
- ☐ B. developmental
- ☐ C. biological
- ☐ D. clinical

**Answer: C**

**113.** Dr. Woods is studying the degree to which primates seem to display logic and insight in figuring out a variety of puzzles and other simple problems. Dr. Woods is most likely a(n) \_\_\_\_\_ psychologist.

- ☐ A. industrial/organizational
- ☐ B. clinical
- ☐ C. forensic
- ☐ D. cognitive

**Answer: D**

**114.** Cognitive psychology focuses on the study of:

- ☐ A. mental processes, including reasoning and thinking, problem solving, memory, perception, mental imagery, and language.
- ☐ B. children with special needs, such as autistic children or those suffering from learning disabilities.
- ☐ C. how people are affected by their social environments.
- ☐ D. the causes, diagnosis, treatment, and prevention of psychological disorders.

**Answer: A**

**115.** Lynn has just received a research grant to study the effect of downsizing on morale at a large computer company. Lynn is most likely a(n) \_\_\_\_\_ psychologist.

- ☐ A. cross-cultural
- ☐ B. biological

- ☐ C. industrial/organizational
- ☐ D. personality

**Answer: C**

**116.** Joanna has suffered a series of personal setbacks, including the death of a family member, academic problems in college, and a divorce. She feels so sad, upset, and lonely that she is contemplating suicide. Joanna could probably best be helped by a(n) \_\_\_\_\_ psychologist.

- ☐ A. experimental
- ☐ B. clinical
- ☐ C. industrial/organizational
- ☐ D. educational

**Answer: B**

**117.** The specialty area of psychology that helps people of all ages adjust, adapt, and cope with personal and interpersonal problems in such diverse areas as relationships, work, education, marriage, child rearing, and aging is called:

- ☐ A. health psychology.
- ☐ B. counseling psychology.
- ☐ C. rehabilitation psychology.
- ☐ D. forensic psychology.

**Answer: B**

**118.** Dr. Thang has been trained in counseling psychology and works in a community clinic as well as in private practice. She is most likely to:

- ☐ A. apply psychological principles and techniques to legal issues, such as the assessment and treatment of offenders, mental competency to stand trial, child custody, and eyewitness testimony.
- ☐ B. study the nature of personality, including individual differences and the characteristics that make each individual unique.
- ☐ C. help people of all ages adjust, adapt, and cope with personal and interpersonal problems in such diverse areas as relationships, work, education, marriage, and child rearing.
- ☐ D. investigate psychological topics such as sensory and perceptual processes, learning, emotion, and motivation.

**Answer: C**

**119.** Dr. Kerrick has developed a training program for young children that will help the children learn to read at a quicker pace and with greater comprehension. What kind of psychologist is Dr. Kerrick?

- ☐ A. educational
- ☐ B. personality
- ☐ C. industrial/organizational
- ☐ D. clinical

**Answer: A**



**120.** Dr. Jakel is a psychologist who studies basic topics in psychology, such as learning, memory, sensation, and perception. Dr. Jakel's area of specialization is:

- ☐ A. biological psychology.
- ☐ B. experimental psychology.
- ☐ C. personality psychology.
- ☐ D. clinical psychology.

**Answer: B**

**121.** Professor Anderson is interested in how family relationships change over time. During the last two decades, he has kept track of and repeatedly surveyed the same group of 3,000 participants about changes in their relationship with their parents and siblings. Professor Anderson is most likely a \_\_\_\_\_ psychologist.

- ☐ A. forensic
- ☐ B. health
- ☐ C. rehabilitation
- ☐ D. developmental

**Answer: D**

**122.** Dr. Meziere is giving a presentation on her research at the Annual Symposium of Health Psychologists. Which of the following presentation titles is most likely hers?

- ☐ A. "Improving Employee Morale in Unfavorable Working Conditions"
- ☐ B. "The Possible Role of the Cultural Factors in the Development of Schizophrenia and Depression"
- ☐ C. "The Impact of Interpersonal Loss on Immune System Functioning"
- ☐ D. "The Genetic Basis of Personality"

**Answer: C**

**123.** Dangerous Dan's lawyer claimed that his client was not mentally competent to stand trial but the prosecutor believes that he is. In order to resolve the issue it is very likely that a \_\_\_\_\_ psychologist will be consulted to conduct an assessment.

- ☐ A. health
- ☐ B. rehabilitation
- ☐ C. forensic
- ☐ D. personality

**Answer: C**

**124.** The specialty area in psychology that applies psychological principles and techniques to legal issues, such as the assessment and treatment of offenders, mental competency to stand trial, child custody, jury selection, and eyewitness testimony is called:

- ☐ A. clinical psychology.
- ☐ B. rehabilitation psychology.
- ☐ C. counseling psychology.

- ☐ D. forensic psychology.

**Answer: D**

**125.** Dr. Nelson studies the psychological factors that seem to be associated with the development of heart disease. Dr. Nelson specializes in:

- ☐ A. educational psychology.  
☐ B. industrial/organizational psychology.  
☐ C. health psychology.  
☐ D. developmental psychology.

**Answer: C**

**126.** Which area of psychology is most interested in examining individual differences and the characteristics that make each person unique?

- ☐ A. educational psychology  
☐ B. social psychology  
☐ C. cross-cultural psychology  
☐ D. personality psychology

**Answer: D**

**127.** In his practice, Dr. Kallin applies psychological principles to help people with chronic and disabling health conditions adapt to their situation and attain optimal psychological, interpersonal, and physical functioning. Dr. Kallin is a \_\_\_\_\_ psychologist.

- ☐ A. forensic  
☐ B. social  
☐ C. rehabilitation  
☐ D. health

**Answer: C**

**128.** After a car crash, Tyler was left with a number of chronic and disabling health conditions and was having trouble adjusting to the situation. Tyler could benefit most from seeing a \_\_\_\_\_ psychologist.

- ☐ A. social  
☐ B. personality  
☐ C. psychodynamic  
☐ D. rehabilitation

**Answer: D**

**129.** Which of the following titles would most likely be found in a research journal for social psychology?

- ☐ A. "Increased levels of the male hormone, testosterone, causes increased aggressive behavior in laboratory rats"  
☐ B. "How the presence of other people affects helping behavior in public situations"

- ☐ C. "Decreases in intellectual functioning can be reversed through increased mental activities in the older adult"
- ☐ D. "Motivational effects of stress"

**Answer: B**

**130.** Dr. Lavalle, one of the many professionals who are helping the Olympic team prepare for the games, uses psychological theory and knowledge to enhance athletic motivation, performance, and consistency. Dr. Lavalle is a \_\_\_\_\_ psychologist.

- ☐ A. sports
- ☐ B. rehabilitation
- ☐ C. personality
- ☐ D. health

**Answer: A**

**131.** The specialty area in psychology that uses psychological theory and knowledge to enhance athletic motivation, performance, and consistency is called \_\_\_\_\_ psychology.

- ☐ A. health
- ☐ B. positive
- ☐ C. rehabilitation
- ☐ D. sports

**Answer: D**

**132.** When he was having academic difficulties, Walter received counseling and an assessment from a professional who also consulted with his parents, teachers, and other school staff. This professional is most likely a \_\_\_\_\_ psychologist.

- ☐ A. health
- ☐ B. forensic
- ☐ C. rehabilitation
- ☐ D. school

**Answer: D**

**133.** Psychologists who counsel students, perform assessments, and who help teachers, school administrators, and parents understand how children learn and develop are known as \_\_\_\_\_ psychologists.

- ☐ A. school
- ☐ B. experimental
- ☐ C. personality
- ☐ D. cognitive

**Answer: A**

**134.** Dr. Campbell helps returning soldiers and their families deal with combat stress, readjusting to civilian life, and coping with injuries. Dr. Campbell would be classified as a(n):

- ☐ A. school psychologist.
- ☐ B. developmental psychologist.
- ☐ C. military psychologist.
- ☐ D. educational psychologist.

**Answer: C**

**135.** Which of the following is a FALSE statement about clinical psychologists?

- ☐ A. They have extensive training in evaluating and diagnosing psychological disorders, psychotherapy techniques, and psychological testing.
- ☐ B. They study the causes, diagnosis, treatment, and prevention of different types of behavioral and emotional disorders, such as anxiety, mood, or eating disorders.
- ☐ C. Their training leads to a doctorate in clinical psychology, either a Ph.D. or Psy.D.
- ☐ D. As a regular part of their training, they are supervised in prescribing medications, electroconvulsive therapy (ECT), transcranial magnetic stimulation (TMS), and other medical procedures.

**Answer: D**

**136.** Dr. Mason and Dr. Jacobson both work in Minnesota in different cities. They both treat people with severe mental disorders. Dr. Mason cannot prescribe medications for his patients, but Dr. Jacobson frequently prescribes medications. Dr. Mason is probably a \_\_\_\_\_, whereas Dr. Jacobson is probably a(n) \_\_\_\_\_.

- ☐ A. psychiatrist; clinical psychologist
- ☐ B. experimental psychologist; biological psychologist
- ☐ C. clinical psychologist; psychiatrist
- ☐ D. social psychologist; health psychologist

**Answer: C**

**137.** Which of the following statements about prescribing medications for psychological symptoms is TRUE?

- ☐ A. In the United States, only psychiatrists can prescribe medications for psychological symptoms.
- ☐ B. Because there are so few psychiatrists in Alaska, it became the first state to allow clinical psychologists to prescribe a small number of medications for treating psychological disorders.
- ☐ C. Psychologists in New Mexico and Louisiana can qualify for prescription privileges if they complete additional coursework and a special training program supervised by a physician.
- ☐ D. As a matter of federal law, psychologists are prohibited from prescribing any type of medication in the United States.

**Answer: C**

**138.** Which of the following is a key reason why some states have enacted legislation allowing psychologists to prescribe medications for psychological symptoms?

- ☐ A. Allowing trained psychologists to prescribe medications may help many people who have been unable to gain access to mental health, especially people in rural areas underserved by mental health professionals care.
- ☐ B. It is the first step in the plan to make almost all medications for psychological symptoms available over-the-counter without a prescription.
- ☐ C. It may encourage greater competition between psychiatrists and clinical psychologists, which should help lower the cost of mental health care.
- ☐ D. North Dakota, Montana, and Alaska have unusually high rates of psychological disorders, especially major depression during the winter months.

**Answer: A**

**139.** Which of the following best represents psychology's basic goals?

- ☐ A. investigate and treat mental illness
- ☐ B. describe, explain, predict, and influence behavior
- ☐ C. listen to, counsel, and console people with problems
- ☐ D. apply the findings of animal research to abnormal behavior

**Answer: B**

**140.** When researchers create questions to investigate, generate evidence, and draw conclusions, they are guided by a set of assumptions, attitudes, and procedures that is (are) called:

- ☐ A. the scientific method.
- ☐ B. guesses and hunches.
- ☐ C. ethical guidelines.
- ☐ D. pseudoscientific assumptions.

**Answer: A**

**141.** Psychologists are guided by the basic scientific assumption that events are lawful. What does this mean to psychologists?

- ☐ A. Psychologists are required to obey the law in all of their professional activities.
- ☐ B. Psychologists assume that behavior and mental processes follow consistent patterns.
- ☐ C. Psychologists recognize that behavior typically follows the laws created by society.
- ☐ D. Psychologists assume that abnormal behavior is unlawful whereas normal behavior is lawful.

**Answer: B**

**142.** Like other scientists, psychologists are guided by the assumption that:

- ☐ A. only experimental data has scientific relevance.
- ☐ B. statistically significant results always have practical significance.
- ☐ C. certain phenomena will never be understood.
- ☐ D. events are lawful and ultimately explainable.

**Answer: D**

**143.** Psychologists assume that:

- ☐ A. behavior and mental processes have a cause or causes.
- ☐ B. there are no parallels between human and animal behavior.
- ☐ C. human behavior can be accurately predicted in any situation.
- ☐ D. most aspects of behavior and mental processes cannot be understood by scientific means.

**Answer:** A

**144.** *Empirical evidence* refers to evidence that is the result of:

- ☐ A. observation, measurement, and experimentation.
- ☐ B. intuition, logic, and critical thinking.
- ☐ C. experience, philosophy, and opinion.
- ☐ D. experience, logic, and statistics.

**Answer:** A

**145.** Which of the following is NOT a step in the scientific method?

- ☐ A. formulate a testable hypothesis.
- ☐ B. design the study and collect data
- ☐ C. analyze the data and draw conclusions
- ☐ D. apply the findings to solve human problems

**Answer:** D

**146.** The factors in a hypothesis that can vary or change are called the:

- ☐ A. theories.
- ☐ B. variables.
- ☐ C. main effects.
- ☐ D. correlation coefficients.

**Answer:** B

**147.** A hypothesis is:

- ☐ A. a tentative statement that describes the relationship between two or more variables.
- ☐ B. a geometrical construct often used in statistical analyses.
- ☐ C. a theory that has been proven.
- ☐ D. the operational definition assigned to the independent variable.

**Answer:** A

**148.** An operational definition is:

- ☐ A. a research design in which the participants act or operate as their own control group.
- ☐ B. a precise description of how each variable in a particular study will be manipulated or measured.
- ☐ C. one that has been approved by the American Psychological Association.

- ☐ D. a statistical method used in psychological research to correct for bias that may be operating in the experimental situation.

**Answer: B**

**149.** In order to test the hypothesis that premarital education enhances marital quality, Dr. Stanley should first:

- ☐ A. conduct pseudoscientific research.  
☐ B. use naturalistic observation to observe happily married couples.  
☐ C. operationally define the terms *premarital education* and *marital quality*.  
☐ D. avoid operational definitions because they reflect preconceived ideas and biases.

**Answer: C**

**150.** A researcher sets out to test the following statement: "Adolescents are more likely to start smoking if one or both of their parents smoke." This statement is an example of:

- ☐ A. a theory.  
☐ B. an operational definition.  
☐ C. a hypothesis.  
☐ D. experimenter bias.

**Answer: C**

**151.** Which of the following would be an acceptable operational definition for anxiety?

- ☐ A. an unpleasant emotional state  
☐ B. feelings of worry, tension, dread, or fear  
☐ C. asking people to rate their current level of anxiety on a 1-to-10 scale  
☐ D. None of the other alternatives is correct because anxiety is a subjective emotional state that cannot be operationally defined.

**Answer: C**

**152.** People who engage in critical thinking:

- ☐ A. try to boil down all complex issues to a yes/no proposition.  
☐ B. evaluate evidence only from their own perspective.  
☐ C. readily accept an explanation if the explanation makes sense.  
☐ D. are open to new ideas yet maintain a sense of skepticism.

**Answer: D**

**153.** In general, *critical thinking* refers to the practice of:

- ☐ A. criticizing other people.  
☐ B. assuming that new ideas are wrong until proven otherwise.  
☐ C. actively questioning statements rather than blindly accepting them.  
☐ D. using personal opinions to determine the conclusions drawn.

**Answer: C**

**154.** Critical thinkers engage in reflective thinking. This means that they:

- ☐ A. assume other perspectives.
- ☐ B. use their intuition to solve problems.
- ☐ C. maintain an attitude of healthy skepticism.
- ☐ D. expect and accept complexity.

**Answer:** D

**155.** Howard recognizes that there is always a subjective side to any science. Therefore, he believes that it is important to actively minimize preconceptions and biases while evaluating evidence. Also, he always considers alternative explanations for research findings. Howard's attitude reflects:

- ☐ A. pseudoscientific thinking.
- ☐ B. the confirmation bias.
- ☐ C. collectivistic thinking.
- ☐ D. critical thinking.

**Answer:** D

**156.** Psychologists use statistics to:

- ☐ A. analyze the data collected and determine if the results support the hypothesis.
- ☐ B. generate new theories.
- ☐ C. prove that a theory is true.
- ☐ D. confuse introductory psychology students.

**Answer:** A

**157.** Dr. Hazlett used statistics and determined that the result of her experiment was statistically significant. Dr. Hazlett would then conclude that:

- ☐ A. the results of the experiment were not likely to have occurred by chance.
- ☐ B. the results of the experiment have practical importance in everyday life.
- ☐ C. the hypothesis for the experiment was not supported.
- ☐ D. the correlation coefficient was zero.

**Answer:** A

**158.** According to Professor Zarkov's correlational data, there is a statistically significant relationship between the socioeconomic level of a family and how much time the parents spend talking to their children. To say that the results of this study are "statistically significant" means that:

- ☐ A. there is a cause-and-effect relationship between the two variables.
- ☐ B. the results are unlikely to have occurred by chance.
- ☐ C. the finding has no mathematical validity.
- ☐ D. the finding can be used to generate new theories.

**Answer:** B

**159.** Dr. O'Connor was interested in whether men and women differ in sexual attitudes. She found



that more than 170 studies had already been published on this issue. Using \_\_\_\_\_, she combined the results of these studies and analyzed the data for overall trends.

- ☐ A. meta-analysis
- ☐ B. naturalistic observation
- ☐ C. pseudoscientific analysis
- ☐ D. a natural experiment

**Answer: A**

**160.** Meta-analysis is:

- ☐ A. a statistical technique that combines and analyzes the findings from many different studies on a particular topic in order to determine overall trends.
- ☐ B. the final step in the scientific method.
- ☐ C. a type of computer program used to collect and analyze the results of case study research.
- ☐ D. a pseudoscience.

**Answer: A**

**161.** Descriptive research methods:

- ☐ A. typically answer the “who, what, where, when, and how often” questions about behavior.
- ☐ B. are no longer used in contemporary psychology.
- ☐ C. have been replaced by sophisticated brain imaging techniques.
- ☐ D. provide the most compelling evidence of cause-and-effect relationships.

**Answer: A**

**162.** In contrast to the experimental method, the basic goal of the descriptive methods is to:

- ☐ A. investigate and refute “common sense” notions about human behavior.
- ☐ B. manipulate variables in a meaningful way.
- ☐ C. deduce valid operational definitions and generate new experiments.
- ☐ D. observe and describe behavior.

**Answer: D**

**163.** A meta-analysis is most useful when:

- ☐ A. there are not enough subjects in an experiment.
- ☐ B. a particular issue has generated a large number of studies, some of which have produced weak or contradictory results.
- ☐ C. the statistical analysis indicates that the results are statistically significant but the hypothesis is not supported.
- ☐ D. the experiment has never been replicated.

**Answer: B**

**164.** The basic goal of the experimental method is to:

- ☐ A. demonstrate that one variable causes change in a second variable.
- ☐ B. describe and predict naturally occurring phenomena.
- ☐ C. investigate a single subject in depth.
- ☐ D. discover new operational definitions.

**Answer: A**

**165.** Which type of research method is used to show that one variable causes change in another variable?

- ☐ A. naturalistic observation
- ☐ B. survey
- ☐ C. experimental method
- ☐ D. descriptive method

**Answer: C**

**166.** Unobtrusively, Professor Baddeley and two of her students record the willingness of boys and girls to volunteer for an elephant or a donkey ride at the local zoo. Baddeley is using:

- ☐ A. unethical research practices.
- ☐ B. experimental research methods.
- ☐ C. meta-analysis.
- ☐ D. descriptive research methods.

**Answer: D**

**167.** When psychologists report the findings of a study in a scientific journal, it's important that they include a description of all of the following, EXCEPT:

- ☐ A. how the study participants were chosen.
- ☐ B. how the data were analyzed.
- ☐ C. how variables were operationally defined.
- ☐ D. how the journal reviewers responded to the findings.

**Answer: D**

**168.** In order to increase confidence in the findings of a particular study, it is important that the study and its results:

- ☐ A. have practical significance.
- ☐ B. be widely reported.
- ☐ C. be repeated or replicated.
- ☐ D. be tested by meta-analysis.

**Answer: C**

**169.** The word *replicate* refers to:

- ☐ A. a second statistical analysis of the study's results by an independent researcher.
- ☐ B. confirming a researcher's results with meta-analysis.

- ☐ C. a statistical technique.
- ☐ D. repeating a study using the same research methods but different research participants.

**Answer: D**

**170.** Which of the following conditions would increase scientific *confidence* in a particular research finding?

- ☐ A. if the study was conducted by a well-known or famous psychologist
- ☐ B. if the study was reported by CNN, MSNBC, and other news agencies
- ☐ C. if independent researchers repeated the study using different participants and the same basic finding occurred again
- ☐ D. if other researchers felt that the finding fit with their personal experience

**Answer: C**

**171.** A \_\_\_\_\_ is a specific question or prediction to be tested, whereas a(n) \_\_\_\_\_ tries to integrate and summarize a large number of findings.

- ☐ A. hypothesis; theory
- ☐ B. variable; operational definition
- ☐ C. theory; hypothesis
- ☐ D. descriptive method; experimental method

**Answer: A**

**172.** A theory:

- ☐ A. is another term that means the same thing as a hypothesis.
- ☐ B. integrates and summarizes diverse findings on the same topic.
- ☐ C. is based strictly on speculation rather than any kind of empirical evidence.
- ☐ D. is a statement of absolute fact that eventually becomes a scientific law.

**Answer: B**

**173.** Theory is to hypothesis as \_\_\_\_\_ is to \_\_\_\_\_.

- ☐ A. prediction; control
- ☐ B. chance; description
- ☐ C. control; model
- ☐ D. model; prediction

**Answer: D**

**174.** A useful theory is one that does all of the following, EXCEPT:

- ☐ A. furthers the understanding of behavior.
- ☐ B. allows predictions to be made.
- ☐ C. ensures statistical significance in an experiment.
- ☐ D. stimulates new research.

**Answer: C**

**175.** When psychologists systematically observe and record behaviors as they occur in their natural settings, they are using a descriptive method called:

- ☐ A. case study survey research.
- ☐ B. meta-analysis.
- ☐ C. naturalistic observation.
- ☐ D. the experimental method.

**Answer: C**

**176.** Dr. Harmon wants to study the conditions under which some children are rejected by their peers. Daily, from the beginning of a school year, she carefully observes and records the behavior of kindergartners, first-graders, and second-graders in the classroom and on the playground. Dr. Harmon is using:

- ☐ A. a survey.
- ☐ B. naturalistic observation.
- ☐ C. a case study.
- ☐ D. the experimental method.

**Answer: B**

**177.** A *pseudoscience* is a:

- ☐ A. specific branch of science focused on a single issue and based on compelling empirical evidence.
- ☐ B. group of different sciences, such as psychology, sociology, and anthropology, that focus on the same general issue.
- ☐ C. fake or false science that is based on little or no scientific evidence.
- ☐ D. form of science that emphasizes findings that have practical value (applied science) rather than new knowledge just for the sake of new knowledge (pure science).

**Answer: C**

**178.** The word *pseudo* means:

- ☐ A. numerous or many.
- ☐ B. fake or false.
- ☐ C. applied or practical.
- ☐ D. unconventional or unusual.

**Answer: B**

**179.** A friend tells you that putting a small cardboard pyramid under your bed as you sleep at night will enhance your "psychic energy" and give you "inner peace." Pseudoscientific claims like this:

- ☐ A. are irrefutable or nonfalsifiable because they use vague terms like "psychic energy" and "inner peace" and cannot be disproved or tested in any meaningful way.
- ☐ B. can only be tested using brain-imaging technology such as PET scans, MRI, or fMRI.
- ☐ C. can only be tested with natural experiments.

- ☐ D. would be unethical to test because the researcher would have to use a double-blind study.

**Answer: A**

**180.** As you flip through the television channels, you come across the "Psychic Circle," which advertises "psychics" who use "scientifically proven methods" to see the future. This is an example of:

- ☐ A. empirical evidence.  
☐ B. applied critical thinking.  
☐ C. the practice effect.  
☐ D. a pseudoscientific claim.

**Answer: D**

**181.** Based on a friend's suggestion, Nicole moved her bed so that its head pointed to magnetic north. Nicole's friend told her this would help align the electrical impulses in her body and improve blood circulation to her brain. After sleeping this way for a week, Nicole found it easier to concentrate while studying. Her test scores also seemed to improve. Even after learning that scientific evidence does not support this notion, Nicole believed that sleeping with her head pointed to the magnetic north had improved her performance. Nicole's perception is an example of:

- ☐ A. pseudoscientific belief.  
☐ B. a negative correlation.  
☐ C. a demand characteristic.  
☐ D. a statistically significant effect.

**Answer: A**

**182.** The practice of applying magnets to the body to supposedly treat various conditions and ailments is called:

- ☐ A. transcranial magnetic stimulation (TMS).  
☐ B. magnetic resonance imaging (MRI).  
☐ C. magnet therapy.  
☐ D. positron emission tomography (PET).

**Answer: C**

**183.** Scientific research into the effects of magnet therapy has demonstrated that:

- ☐ A. magnets of various types can relieve pain and other ailments.  
☐ B. magnets applied to the head enlarge the hippocampus and improve memory and learning abilities.  
☐ C. magnets, regardless of the type used, do not relieve pain and other ailments.  
☐ D. static magnets are more effective in relieving pain and other ailments than transcranial magnetic stimulation (TMS) or magnetic resonance imaging (MRI).

**Answer: C**

**184.** Proponents of magnet therapy, like those of almost all pseudoscientific claims, use certain strategies to create the illusion of scientific validity. Which of the following is NOT one of those strategies or ploys?

- ☐ A. using testimonials rather than scientific evidence
- ☐ B. using the scientific method to test hypotheses and claims
- ☐ C. combining established scientific knowledge with unfounded claims
- ☐ D. seeking out evidence that confirms the claims while ignoring evidence that contradicts or undermines them (the confirmation bias)

**Answer: B**

**185.** Which of the following is a definition of the confirmation bias?

- ☐ A. the tendency to seek out evidence that confirms a claim or belief, while ignoring evidence that contradicts or undermines the claim or belief
- ☐ B. the belief that irrefutable or nonfalsifiable claims can be used to confirm the existence of pseudoscientific methods and practices
- ☐ C. the tendency for subtle cues or signals, expressed by the researcher, to bias participants so that they attempt to confirm the hypothesis being tested
- ☐ D. the belief that testimonials are the best type of empirical evidence to confirm pseudoscientific claims

**Answer: A**

**186.** An irrefutable or nonfalsifiable claim is one that:

- ☐ A. is supported by empirical evidence.
- ☐ B. cannot be disproved or tested in any meaningful way.
- ☐ C. results directly from applying critical thinking to pseudoscientific claims.
- ☐ D. can be attributed to a person's beliefs and expectations rather than to the actual independent variable.

**Answer: B**

**187.** The Snape Oil Supplement Company uses sincere and compelling testimonials and personal anecdotes to promote its products on TV infomercials. These testimonials:

- ☐ A. are acceptable scientific evidence.
- ☐ B. should be believed because they appear to be genuine and the products really did help these people as they claim.
- ☐ C. lack the basic controls used in research and are not acceptable scientific evidence.
- ☐ D. are a type of descriptive research method called naturalistic observation.

**Answer: C**

**188.** When questioned, advocates of pseudoscientific claims do not provide supporting scientific evidence but instead they challenge you to disprove their claims. This strategy or ploy is called:

- ☐ A. the single-blind technique.
- ☐ B. shifting the burden of proof.
- ☐ C. the "multiple outs" strategy.

- ☐ D. the double-blind technique.

**Answer: B**

**189.** When Renate bought her memory-enhancing subliminal tapes she was pleased to read about a study that showed positive results. However, she ignored the evidence from many other studies that did not support the claims made for subliminal tapes. This example illustrates:

- ☐ A. the effect of demand characteristics.  
☐ B. critical thinking.  
☐ C. the confirmation bias.  
☐ D. the practice effect.

**Answer: C**

**190.** When Brenda's son did not experience any of the claimed benefits from wearing a magnetic vest, she was told that magnets act differently on different body parts, that the vest may not have been properly secured, and that everyone's body reacts differently to magnet therapy. The therapist encouraged her to continue using the vest, saying that the healing effect would not be noticeable until her son had worn it longer. This example illustrates:

- ☐ A. the use of "multiple outs."  
☐ B. descriptive research methods.  
☐ C. the practice effect.  
☐ D. the effect of demand characteristics.

**Answer: A**

**191.** To bolster the credibility of their claims, pseudoscientists:

- ☐ A. typically use lots of scientific jargon without scientific substance.  
☐ B. use the double-blind technique.  
☐ C. rely on empirical evidence.  
☐ D. apply experimental methods.

**Answer: A**

**192.** The mother of a 16-year-old boy with juvenile arthritis was told by a friend of special magnetic bracelets and a magnetic mattress that had helped her husband's arthritis. Her friend gave her a couple of pamphlets that described the unique pain-relieving and "healing" properties of the special magnetic bracelets and mattress. The pamphlets referred to "scientific studies conducted at a major university." The literature also provided several personal testimonials from people who claimed to have benefited from wearing the magnetic bracelets and sleeping on the magnetic mattress. The mother spent more than \$500 on the magnetic mattress and bracelets but her son's arthritis symptoms did not improve. What was the mother's mistake?

- ☐ A. She confused statistical significance with practical significance.  
☐ B. She mistakenly accepted personal anecdotes and testimonials as scientific evidence.  
☐ C. She failed to realize that laboratory experiments usually do not generalize to real-world situations in everyday life.

- ☐ D. She forgot that only a positive correlation can indicate a true cause-and-effect relationship.

**Answer: B**

**193.** The primary goal of naturalistic observation is to:

- ☐ A. conduct an experiment in a nonartificial environment.  
☐ B. detect natural behavior patterns.  
☐ C. improve the survival rate of endangered species and preserve threatened habitats.  
☐ D. disrupt natural behavior patterns and observe the results.

**Answer: B**

**194.** Which of the following is a key advantage of naturalistic observation?

- ☐ A. Researchers can manipulate animal and human behavior.  
☐ B. Operational definitions are not needed, since only natural behaviors are studied.  
☐ C. Researchers can easily duplicate conditions that have been first investigated in laboratory settings.  
☐ D. Researchers can study behavior that could not ethically be manipulated in an experiment.

**Answer: D**

**195.** Why do researchers try to avoid being detected by their subjects when engaged in naturalistic observations?

- ☐ A. The researchers themselves could be considered to be a dependent variable that affects the results of the study.  
☐ B. Naturally occurring behavior patterns might not occur if the subjects become aware that they are being observed.  
☐ C. It is unethical to engage in any kind of research, even naturalistic observation, unless there is prior permission by the subjects.  
☐ D. Subjects may continue to act naturally with the researchers, but the researchers may not act like researchers once they begin to interact with the subjects.

**Answer: B**

**196.** In Robert Levine's research on the "pace of life" in 31 different countries, he measured the amount of time it took a pedestrian to walk 60 feet on a downtown city street. This represented the:

- ☐ A. operational definition.  
☐ B. independent variable.  
☐ C. experimental control.  
☐ D. hypothesis.

**Answer: A**

**197.** What was the operational definition in Robert Levine's study of the "pace of life" in 31 countries?



- ☐ A. the latitude of the country's capital city
- ☐ B. the amount of time it took a pedestrian to walk 60 feet on a downtown city street
- ☐ C. the finding that Irish pedestrians walk faster than Brazilians
- ☐ D. the number of observers

**Answer: B**

**198.** A case study is a(n):

- ☐ A. in-depth investigation of a single individual or a small group of individuals, often involving information from a wide variety of sources.
- ☐ B. method of determining whether an experiment reflects natural conditions.
- ☐ C. survey involving only people who are likely to confirm the experimenter's hypothesis.
- ☐ D. study involving multiple subjects who all suffer from the same psychological problems and are given the same experimental treatment.

**Answer: A**

**199.** Case studies:

- ☐ A. are commonly used by clinical psychologists and other mental health professionals to develop a complete profile of a psychotherapy client.
- ☐ B. were popular when psychology was first founded but are almost never used today.
- ☐ C. are not considered to be a legitimate form of scientific evidence.
- ☐ D. are the main scientific tool used to establish a cause-and-effect relationship.

**Answer: A**

**200.** Which of the following is an important advantage of surveys?

- ☐ A. Surveys can be developed by people with no scientific training.
- ☐ B. Researchers are able to gather information about a very large group of people based on a representative sample of that group.
- ☐ C. The dependent variable is more easily manipulated than in formal experiments.
- ☐ D. If there are more than 3,000 participants, the results are likely to be valid no matter how the participants were chosen.

**Answer: B**

**201.** In survey research, the term *sample* refers to a(n):

- ☐ A. preliminary questionnaire that is used to develop the final survey.
- ☐ B. carefully selected segment of the larger group that is to be studied.
- ☐ C. small pilot study that is later repeated using a larger group of participants.
- ☐ D. entire group of people the researchers want to study.

**Answer: B**

**202.** A *representative sample* is a:

- ☐ A. group of subjects that closely parallels the larger group to be studied on all relevant characteristics, such as age, sex, and race.
- ☐ B. sample questionnaire that represents the most likely set of survey responses.
- ☐ C. small group of volunteers who try to predict the survey results.
- ☐ D. list of all the possible questions that might be represented on the final survey.

**Answer: A**

**203.** Sample is to population as \_\_\_\_\_ is to \_\_\_\_\_.

- ☐ A. random selection; naturalistic observation
- ☐ B. some; all
- ☐ C. case study; survey
- ☐ D. case study; multiple case study

**Answer: B**

**204.** What process is used to make sure that survey participants are a representative sample of the population that is being studied?

- ☐ A. double-blind selection
- ☐ B. single-blind selection
- ☐ C. random selection
- ☐ D. using only those participants who volunteer to be part of the study

**Answer: C**

**205.** Professor Lyon decided to study food preferences of U.S. college students, so he asked his students to volunteer to participate in a lengthy survey. Professor Lyon's survey results are probably invalid because he did not use:

- ☐ A. an operational definition.
- ☐ B. random selection.
- ☐ C. a valid hypothesis.
- ☐ D. independent and dependent variables.

**Answer: B**

**206.** Of the more than 3,000 people who participated in the National Health and Social Life Survey (NHSLs), which is a survey on the sexual practices of American adults:

- ☐ A. all had volunteered to be in the survey by responding to advertisements.
- ☐ B. each was randomly assigned to the different experimental conditions in the study.
- ☐ C. each was randomly selected from the entire U.S. population.
- ☐ D. almost all were from either California or New York.

**Answer: C**

**207.** To ensure that participants are responding honestly and consistently, survey researchers:

- ☐ A. usually withhold payment for participating in the survey until the person's answers have been independently checked and verified.
- ☐ B. almost always interview the participants on two separate occasions using two different interviewers.
- ☐ C. sometimes ask the same basic question at different points in the interview.
- ☐ D. routinely check the participant's responses with the spouse or a friend of the participant.

**Answer: C**

**208.** One potential problem with surveys and questionnaires is that:

- ☐ A. people may misrepresent their personal characteristics or lie in their responses.
- ☐ B. random selection procedures are not possible with these forms of data collection.
- ☐ C. expectancy effects usually invalidate the findings.
- ☐ D. these techniques produce illusory correlations rather than true correlations.

**Answer: A**

**209.** Researchers Craig Anderson and Karen Dill (2000) surveyed college students about their video game playing habits. What did the survey reveal?

- ☐ A. The average amount of time spent playing video games increased as students progressed from high school to college, with college students playing video games for six hours per week on average.
- ☐ B. Although the average amount of time spent playing video games decreased as students progressed from high school to college, college students reported playing video games for more than two hours per week on average.
- ☐ C. Playing video games causes a decrease in grade point average and an increase in aggressive personality characteristics.
- ☐ D. There was a strong positive correlation between the amount of time spent playing video games and academic achievement.

**Answer: B**

**210.** Professor Nelson wishes to investigate the relationship between stress and visits to the college mental health clinic. Which of the following research methods would be most appropriate?

- ☐ A. pseudoscientific research
- ☐ B. a correlational study
- ☐ C. meta-analysis
- ☐ D. a naturalistic experiment

**Answer: B**

**211.** A correlational study:

- ☐ A. examines how strongly two variables are related to one another.
- ☐ B. can be used to establish a cause-and-effect relationship.
- ☐ C. is no longer allowed under today's ethical guidelines.
- ☐ D. has little utility, since it is merely descriptive.

**Answer: A**

**212.** A correlation coefficient is:

- ☐ **A.** a numerical indicator of the strength and direction of a relationship between two factors.
- ☐ **B.** an independent variable that is used in a correlational study.
- ☐ **C.** a numerical indicator of the statistical significance of the findings in a particular research study.
- ☐ **D.** an index of the practical rather than the statistical significance of research findings.

**Answer: A**

**213.** Of the following correlation coefficients, which represents the strongest relationship between two factors?

- ☐ **A.**  $-.15$
- ☐ **B.**  $+.03$
- ☐ **C.**  $+.38$
- ☐ **D.**  $-.80$

**Answer: D**

**214.** Which of the following is NOT a possible correlation coefficient?

- ☐ **A.**  $+1.00$
- ☐ **B.**  $-.98$
- ☐ **C.**  $+1.72$
- ☐ **D.**  $+.54$

**Answer: C**

**215.** After conducting a statistical analysis of responses to a survey, Professor Patterson finds a correlation of  $+2.36$  between participation in sporting events and physical injuries. This indicates that:

- ☐ **A.** Professor Patterson has made a serious error in calculating the correlation coefficient.
- ☐ **B.** a cause-and-effect relationship exists between participation in sporting events and physical injuries.
- ☐ **C.** as participation in sporting events increases, the risk of physical injury also increases.
- ☐ **D.** as participation in sporting events decreases, the risk of physical injury increases.

**Answer: A**

**216.** After analyzing her data, Professor Nelson discovers that a correlation coefficient of  $+.75$  exists between the amount of coffee a person drinks and the degree of stress experienced. Professor Nelson can safely conclude that:

- ☐ **A.** there is no relationship between stress and coffee consumption.
- ☐ **B.** stress causes people to drink coffee.
- ☐ **C.** as coffee consumption increases, stress also increases.
- ☐ **D.** drinking coffee produces stress.

**Answer: C**

**217.** Your instructor notices that in many of his classes, the longer he lectures, the more student yawns he sees. This represents:

- ☐ A. a positive correlation.
- ☐ B. a negative correlation.
- ☐ C. a cause-and-effect relationship.
- ☐ D. scientific proof that yawning is contagious.

**Answer: A**

**218.** Columbia University researcher Elizabeth Gershoff (2002) conducted a wide-ranging meta-analysis on parental use of corporal punishment. One finding that emerged was a relationship between parental socioeconomic status and use of corporal punishment. Put simply, as socioeconomic status declines, rates of parents' use of corporal punishment rise. This finding represents a:

- ☐ A. cause-and-effect relationship.
- ☐ B. positive correlation.
- ☐ C. negative correlation.
- ☐ D. classic example of an expectancy effect.

**Answer: C**

**219.** A perfect positive correlation:

- ☐ A. is statistically impossible.
- ☐ B. would mean that every time Factor A occurred, Factor B also occurred.
- ☐ C. would mean that Factor A caused Factor B to occur.
- ☐ D. would mean that every time Factor A occurred, Factor B did not occur.

**Answer: B**

**220.** Positive correlation is to negative correlation as \_\_\_\_\_ is to \_\_\_\_\_.

- ☐ A. correlation coefficient; correlational study
- ☐ B. 1.00; 0.00
- ☐ C. variables moving in the same direction; variables moving in opposite directions
- ☐ D. variables moving in opposite directions; variables moving in the same direction

**Answer: C**

**221.** Professor Williams is investigating loneliness. Participants in the study complete the UCLA Loneliness Scale to measure their level of loneliness. They also answer questions on a survey about many aspects of their personal life. In analyzing the results of her study, Professor Williams finds that as the number of friends increases, the level of loneliness tends to decrease. This represents a \_\_\_\_\_ correlation.

- ☐ A. positive
- ☐ B. negative
- ☐ C. spurious

- ☐ D. cause-and-effect

**Answer: B**

**222.** Several correlational studies all point to the conclusion that the more time students spend playing violent video games, the lower their grade point average tends to be. This means that:

- ☐ A. playing violent video games causes low grades.
- ☐ B. low grades cause students to play violent video games.
- ☐ C. the researchers have discovered a negative correlation between playing violent video games and grade point average.
- ☐ D. the researchers have discovered a positive correlation between playing violent video games and grade point average.

**Answer: C**

**223.** Which of the following is TRUE regarding correlational research?

- ☐ A. Correlational research indicates causality in either a positive or negative direction.
- ☐ B. You cannot use correlational research to draw conclusions about cause-and-effect relationships.
- ☐ C. Correlations can tell you about relations between two variables but it is not possible to make predictions based upon correlational research.
- ☐ D. Correlations are able to predict the cause-and-effect relationship between two or more variables.

**Answer: B**

**224.** Correlational research is valuable because:

- ☐ A. one can conclude meaningful cause-and-effect relationships when several correlations are examined collectively.
- ☐ B. variables can be easily manipulated by the experimenter to yield effects of the variables.
- ☐ C. correlations allow researchers to predict the cause of one variable's effect on another.
- ☐ D. correlational research can be used to rule out some factors and identify others that merit more intensive study.

**Answer: D**

**225.** The research method that is used to demonstrate a cause-and-effect relationship between changes in one variable and the effects on another variable is called the:

- ☐ A. descriptive method.
- ☐ B. correlational method.
- ☐ C. experimental method.
- ☐ D. meta-analytic method.

**Answer: C**

**226.** Which of the following is a definition of the experimental method?

- ☐ A. a research strategy that allows the precise conclusion of how strongly two factors are related to each other
- ☐ B. a method of study that involves an intensive, in-depth investigation of a single individual or small group of individuals
- ☐ C. the systematic observation and recording of behaviors as they occur in their natural setting
- ☐ D. a research method used to determine a cause-and-effect relationship between changes in one variable and the effect that is produced on another variable

**Answer: D**

**227.** Researchers at State University wanted to test the hypothesis that distributed or spaced practice results in better retention of material than massed practice or cramming. To find out if there is a cause-and-effect relationship, the researcher should use \_\_\_\_\_.

- ☐ A. correlational research methods
- ☐ B. the experimental method
- ☐ C. naturalistic observation
- ☐ D. survey or questionnaire research

**Answer: B**

**228.** In an experiment, the *independent variable* is the variable that is:

- ☐ A. affected by changes in the dependent variable.
- ☐ B. unknown.
- ☐ C. beyond the researcher's control, as it independently varies or changes over time.
- ☐ D. deliberately manipulated by the researcher.

**Answer: D**

**229.** In an experiment, the *dependent variable* is:

- ☐ A. always equivalent to zero.
- ☐ B. the factor that is measured for change and is influenced by the independent variable.
- ☐ C. measured only in the control group subjects.
- ☐ D. deliberately manipulated by the researcher.

**Answer: B**

**230.** Researchers interested in how sleep deprivation affected performance, randomly assigned participants to groups that had one, two, or three nights of sleep deprivation. They then tested their reaction times on a standard motor reaction task. The dependent variable in this experiment was:

- ☐ A. the amount of sleep deprivation each group was subjected to.
- ☐ B. how much sleep each group needed following the sleep deprivation experiment.
- ☐ C. the reaction times of the three groups on the standard motor reaction task.
- ☐ D. how often the participants fell asleep during the sleep deprivation phase of the experiment.

**Answer: C**

**231.** In an experiment, the factor that is observed and measured for change and is thought to be influenced by the independent variable is called:

- ☐ A. an extraneous variable.
- ☐ B. the treatment variable.
- ☐ C. the dependent variable.
- ☐ D. the confounding variable.

**Answer: C**

**232.** Researchers at the Allied Mental Health Center are conducting a study to determine how quickly symptoms of depression are reduced by different forms of psychotherapy. What is the independent variable in this study?

- ☐ A. change in the symptoms of depression
- ☐ B. the method used to recruit participants for the study
- ☐ C. the type of psychotherapy used to treat depression
- ☐ D. the cost of the study

**Answer: C**

**233.** Professor Hebb is studying whether learning is affected by different environments. He raises some rats in cages with many interesting objects to play on and explore. Other rats are raised in isolated, barren cages with none of the interesting objects. Later, Hebb carefully records how many attempts it takes each rat to learn to run a maze with no mistakes. What is the independent variable in this study?

- ☐ A. how many attempts it takes each rat to learn to run a maze
- ☐ B. being raised in an interesting or a barren environment
- ☐ C. the use of animals versus people
- ☐ D. the number of rats in the study

**Answer: B**

**234.** Dr. Kiecolt-Glaser is a health psychologist studying whether stress impairs the body's ability to heal. In the highly stressful week before final exams, dental students are given an oral punch biopsy—a small sample of gum tissue is removed. The number of days for the oral wound to completely heal is recorded. The same dental students receive a second oral punch biopsy during summer vacation. Once again, the number of days until the oral wound completely healed was recorded. What is the independent variable in this study?

- ☐ A. the number of days for the oral wound to heal
- ☐ B. whether the oral wound was created during a high stress or low stress period
- ☐ C. whether the dental students were working or relaxing during the summer vacation
- ☐ D. the average number of hours of sleep the students experienced in the day immediately following the gum wound

**Answer: B**

**235.** A health psychologist is conducting an experiment to investigate the notion that short-term



psychological distress influences the immune system. Subjects in the first group watched a 30-minute film in which a carpenter and his assistant demonstrated how to build a deck for a house. Subjects in the second group watched an almost identical film, except that during the last few minutes of the film, the carpenter slipped while operating an electric hand saw and cut off one of his assistant's fingers. Immediately after the film, blood samples were drawn from each subject and assessed for the number of disease-fighting white blood cells. What is the independent variable in this experiment?

- ☐ A. the number of mistakes made by subjects in recalling details of the film
- ☐ B. the level of immune system functioning in each group
- ☐ C. the number of white blood cells found in the blood samples taken from each group
- ☐ D. exposure to the neutral film or to the film showing the accident

**Answer: D**

**236.** Dr. Martinez is studying the effects of diet on mental alertness. Each morning for two weeks, subjects in Dr. Martinez's study eat a breakfast that is either high in carbohydrates or high in protein. Dr. Martinez then measures the subjects' abilities at solving geometry problems. What is the dependent variable in this study?

- ☐ A. high carbohydrate versus high protein breakfast
- ☐ B. the length of the study (two weeks)
- ☐ C. the ability to solve geometry problems
- ☐ D. Not enough information is provided in the question to determine the dependent variable.

**Answer: C**

**237.** The factor or variable other than the ones being studied that, if not controlled, could affect the outcome of an experiment is:

- ☐ A. the independent variable.
- ☐ B. an extraneous variable.
- ☐ C. the dependent variable.
- ☐ D. the outcome variable.

**Answer: B**

**238.** While conducting research on intelligence, the experimenters were very careful to control for unwanted variability in such factors as age, gender, ethnic background, socioeconomic status, and so on. They did this in order to avoid or minimize the influence of:

- ☐ A. extraneous or confounding variables.
- ☐ B. dependent or outcome variables.
- ☐ C. demand characteristics.
- ☐ D. practice effects.

**Answer: A**

**239.** In scientific research, experimental controls are:

- ☐ A. specific strategies and procedures to help minimize the possibility that extraneous variables will influence the outcome of the experiment.

- ☐ B. the changes in the dependent variable attributable to the participants' beliefs or expectations.
- ☐ C. the participants who are assigned to the control group.
- ☐ D. the change in the independent variable that is a direct result of the manipulation of the dependent variable.

**Answer: A**

**240.** In an experiment testing the effect of watching violent video games on aggressive behavior, researchers used specific strategies and procedures to help minimize the possibility that extraneous variables would influence the outcome of the experiment. These strategies are called:

- ☐ A. demand characteristics.
- ☐ B. meta-analytical techniques.
- ☐ C. experimental controls.
- ☐ D. single-blind procedures.

**Answer: C**

**241.** In Dr. Foster's study, one group is given a new medication that is believed to reduce anxiety. Another group is given a medication that looks like the real medication but it has none of the active ingredients in it to affect anxiety. In this experiment, the experimental group is the:

- ☐ A. group that receives the new medication.
- ☐ B. group that receives the medication without the active ingredients.
- ☐ C. anxiety group.
- ☐ D. group without anxiety.

**Answer: A**

**242.** The experimental group is the group of:

- ☐ A. participants exposed to the dependent variable.
- ☐ B. participants exposed to the independent variable.
- ☐ C. psychologists who are collaborating on an experiment.
- ☐ D. variables that require operational definitions.

**Answer: B**

**243.** In a study on the effects of caffeine on memory, participants drank a bottle of tasteless water containing 100, 50, or 0 milligrams of caffeine. The participants assigned to the group that got bottled water with no caffeine represented the \_\_\_\_\_ in this study.

- ☐ A. dependent variable
- ☐ B. placebo control group
- ☐ C. meta-analysis
- ☐ D. experimental group

**Answer: B**

**244.** The purpose of using a placebo control group in an experiment is often to:

- ☐ A. measure the effects of the dependent variable.
- ☐ B. dupe the subject into accepting the experiment's results.
- ☐ C. control for expectancy effects.
- ☐ D. persuade other researchers that the experiment is valid.

**Answer: C**

**245.** The participants who are assigned to the group that receives a fake substance, treatment, or procedure that has no known direct effects are in the \_\_\_\_\_ group.

- ☐ A. experimental
- ☐ B. extraneous
- ☐ C. placebo control
- ☐ D. practice

**Answer: C**

**246.** A placebo is:

- ☐ A. a fake substance, treatment or procedure with no known direct effects.
- ☐ B. the dependent variable in an experiment testing drug effects.
- ☐ C. a statistical technique used to eliminate errors in measurement.
- ☐ D. a drug that is supplied to the experimental groups.

**Answer: A**

**247.** In the ginkgo biloba experiment some participants took the manufacturer's recommended daily dosage of the supplement while others were given an identical dosage of a substance called the \_\_\_\_\_, which had no known direct effects.

- ☐ A. treatment drug
- ☐ B. placebo
- ☐ C. double-blind substance
- ☐ D. extraneous substance

**Answer: B**

**248.** Placebo or expectancy effects refer to:

- ☐ A. a change in a subject's behavior that is produced by the subject's beliefs and expectations rather than the actual drug, treatment, or procedure.
- ☐ B. the researcher's confidence in his or her findings.
- ☐ C. the instructions that are given to the research subjects before the experiment begins.
- ☐ D. the results that the researcher expects to discover.

**Answer: A**

**249.** Random assignment refers to a procedure that:

- ☐ A. ensures that all participants have an equal chance of being assigned to any of the experimental conditions or groups.
- ☐ B. helps psychologists determine which factors should be defined as dependent variables.

- ☐ C. is used in statistics to determine whether results are random or simply due to chance.
- ☐ D. randomly assigns different procedures to different researchers in order to minimize experimenter bias.

**Answer: A**

**250.** In an experiment investigating the hypothesis that aerobic exercise improves concentration and memory, all the participants had an equal chance of being assigned to any of the three conditions in the study. The researchers have used \_\_\_\_\_ to minimize the possibility of bias when assigning participants to the different groups.

- ☐ A. the practice effect
- ☐ B. random assignment
- ☐ C. the single-blind technique
- ☐ D. the double-blind technique

**Answer: B**

**251.** In a study on the effects of caffeine on memory, participants drank a bottle of tasteless water containing 100, 50, or 0 milligrams of caffeine. Neither the researcher who handed out the bottled water nor the study participants knew whether the water contained caffeine or not. This is an example of a \_\_\_\_\_ study.

- ☐ A. correlational
- ☐ B. case
- ☐ C. single-blind
- ☐ D. double-blind

**Answer: D**

**252.** In a double-blind study:

- ☐ A. only the researcher knows which subjects have been exposed to the independent variable.
- ☐ B. both the researcher and the subjects know whether the subjects have been exposed to the independent variable.
- ☐ C. the subject is blindfolded during treatment.
- ☐ D. both the subjects and the researcher who interacts with them are unaware of which subjects have been exposed to the independent variable.

**Answer: D**

**253.** The purpose of using a double-blind research design is to:

- ☐ A. guard against the possibility that the researcher will treat subjects differently or communicate the behavior that is expected of the subjects.
- ☐ B. guard against the release of confidential information.
- ☐ C. guarantee the anonymity of the subjects.
- ☐ D. determine which subjects will be exposed to the dependent variable.

**Answer: A**

**254.** A study in which the researchers, but not the participants, are aware of the treatment or condition to which the participants have been assigned is called a \_\_\_\_\_ study.

- ☐ A. single-blind
- ☐ B. pseudoscientific
- ☐ C. double-blind
- ☐ D. meta-analytical

**Answer: A**

**255.** In trying to make sense out of the unusual experimental results, Dr. Kling and Dr. Hunger carefully reviewed a video tape of the experimental assistant interacting with the research participants. "Look at that!" said Dr. Hunger as he pointed at the screen. "He's smiling as he hands the fake vitamins to the participants in the placebo control group, but he didn't smile when he handed the real vitamins to the participants in the experimental group." "Well," said Dr. Kling, shaking his head, "It looks like we'll have to invalidate the experiment because the:

- ☐ A. experimental assistant was displaying demand characteristics."
- ☐ B. requirement of random assignment has been violated."
- ☐ C. research assistant changed the study from a single-blind study to a double-blind study."
- ☐ D. research assistant forgot to debrief the participants before handing out the vitamins."

**Answer: A**

**256.** In a research study, subtle cues or signals expressed by the researcher can communicate the kind of response or behavior that is expected from the participant. Such signals are called:

- ☐ A. practice effects.
- ☐ B. demand characteristics.
- ☐ C. main effects.
- ☐ D. treatment effects.

**Answer: B**

**257.** In psychological research, the *practice effect* refers to:

- ☐ A. the likelihood that researchers will improve in their interviewing techniques over time.
- ☐ B. a change in performance of a task that is the result of mere repetition of a task.
- ☐ C. the fact that skills that are well-practiced are more likely to decline when they are repeatedly measured.
- ☐ D. a well-known technique for improving the memory of nonsense syllables or other meaningless stimuli.

**Answer: B**

**258.** Paul Solomon and his colleagues investigated the effects of the herb ginkgo biloba on memory, concentration, and other mental tasks. All participants in the study took a battery of cognitive tests at the beginning and end of the six-week study. The results showed that the test scores increased about the same for the participants in the experimental group and for the participants in the placebo control group. How is this best explained?

- ☐ A. The researchers did not use a double-blind technique in the study, and therefore the results may have been influenced by demand characteristics.
- ☐ B. Because the researchers failed to use random assignment, the ginkgo biloba group may have had more "health conscious" participants than the placebo group, which may have biased the results.
- ☐ C. From simply taking the cognitive tests twice, the participants in both groups experienced a practice effect that improved their test scores.
- ☐ D. Because the test scores had improved by the end of the experiment, it can be concluded that ginkgo biloba significantly improves memory, alertness, concentration, and mental focus.

**Answer: C**

**259.** Researchers who tested whether ginkgo biloba improves memory and concentration were careful to control changes caused by other influences so they could be confident that the \_\_\_\_\_ could be attributed to the treatment variable.

- ☐ A. practice effect
- ☐ B. main effect
- ☐ C. expectancy effect
- ☐ D. placebo effect

**Answer: B**

**260.** Any change that can be directly attributed to the independent variable after controlling for other possible outcomes is called:

- ☐ A. the main effect.
- ☐ B. the statistically significant effect.
- ☐ C. a pseudoscientific effect.
- ☐ D. a demand characteristic effect.

**Answer: A**

**261.** In the Crum and Langer hotel experiment, the participants were selected:

- ☐ A. because they were elderly people who believed that their health was "poor."
- ☐ B. from the housekeeping staff at seven carefully matched hotels.
- ☐ C. because they were elderly people who believed that their health was "excellent."
- ☐ D. from undergraduate students in courses at Harvard University where they could earn extra credit for participating in research.

**Answer: B**

**262.** The hypothesis in the Crum and Langer hotel experiment was that:

- ☐ A. elderly people, who were led to believe that their health was "poor," have more health problems than those who perceived their health was "excellent."
- ☐ B. there was a positive correlation between perception of health and longevity.
- ☐ C. changing a person's beliefs and perceptions about the exercise benefits of a particular activity would result in actual health benefits.

- ☐ D. there was a negative correlation between perception of health and longevity.

**Answer: C**

**263.** In Crum and Langer's hotel experiment, the participants were:

- ☐ A. eighty-four female housekeeping staff at seven carefully matched hotels.
- ☐ B. all undergraduate students in introductory psychology classes at Harvard University.
- ☐ C. either given ginkgo biloba or a placebo depending on which group they were assigned to.
- ☐ D. were all male employees selected from the administrative staff of seven carefully matched hotels.

**Answer: A**

**264.** In Crum and Langer's hotel experiment:

- ☐ A. the participants were assigned to either the ginkgo biloba group or the placebo condition.
- ☐ B. the participants were randomly assigned on an individual basis to either the high exercise group or the low exercise group.
- ☐ C. the hotels were randomly assigned to either the experimental or control condition, thus ensuring that all participants at a given hotel were in the same group.
- ☐ D. the participants were assigned to either the "poor" health condition or the "excellent" health condition depending on their present perception of their health status.

**Answer: C**

**265.** The participants in the Crum and Langer hotel experiment were not individually assigned to the experimental or control group. Instead, each hotel was randomly assigned to one of the two conditions. What was the reason for this?

- ☐ A. There was a potential confounding variable because if the housekeeping staff at a particular hotel were assigned to two different conditions, they might talk to each other about what they had been told.
- ☐ B. The experimenters were trying to avoid the demand characteristics associated with recruiting participants for a natural experiment.
- ☐ C. The researchers wanted to avoid a potential confounding variable related to practice effects.
- ☐ D. There was a potential confounding variable because if the housekeeping staff at a particular hotel were assigned to two different conditions there would be intense competition between them to improve productivity at the hotel.

**Answer: A**

**266.** In the Crum and Langer hotel experiment:

- ☐ A. all the participants were told that the experimenters were interested in getting information on their health so that they could study ways to improve it.
- ☐ B. half the participants were given the health supplement ginkgo biloba and the other half were given a placebo.
- ☐ C. all the participants were told that the experimenters were interested in getting information on the working conditions at hotels so that they could study ways to improve safety and reduce injuries.

- ☐ D. half the participants were led to believe they were in "poor" physical condition and half were led to believe they were in "excellent" physical condition.

**Answer: A**

**267.** What was the independent variable in Crum and Langer's hotel experiment?

- ☐ A. being informed that housekeeping work was good exercise
- ☐ B. being informed that housekeeping work was unhealthy and contributed to health problems
- ☐ C. the amount of exercise that each group engaged in outside their housekeeping jobs
- ☐ D. how much weight the participants lost on average over the course of the study

**Answer: A**

**268.** The participants assigned to the experimental group or condition in Crum and Langer's hotel experiment were:

- ☐ A. not informed that their housekeeping work was beneficial exercise.
- ☐ B. exposed to the dependent variable.
- ☐ C. informed that their housekeeping work was beneficial exercise.
- ☐ D. led to believe that housekeeping work was unhealthy and contributed to health problems.

**Answer: C**

**269.** The participants assigned to the control group or condition in Crum and Langer's hotel experiment were:

- ☐ A. informed that their housekeeping work was beneficial exercise.
- ☐ B. exposed to the independent variable.
- ☐ C. not informed that their housekeeping work was beneficial exercise.
- ☐ D. led to believe that housekeeping work was unhealthy and contributed to health problems.

**Answer: C**

**270.** What constituted the dependent variable in Crum and Langer's hotel experiment?

- ☐ A. being informed that housekeeping work was beneficial exercise
- ☐ B. responses to questionnaires about exercise and diet and measures of physical health
- ☐ C. not being informed that housekeeping was beneficial exercise
- ☐ D. the degree of improvement in memory and concentration after taking either ginkgo biloba or a placebo

**Answer: B**

**271.** The dependent measures obtained in Crum and Langer's hotel experiment was (were):

- ☐ A. scores on a memory test and performance on a manual dexterity test.
- ☐ B. questionnaire responses about health and diet and measures of physical health, including weight, percentage of body fat, blood pressure, and body mass index (BMI).
- ☐ C. the average number of calories burned during a typical day of housekeeping activity.



- ☐ D. being informed or not being informed about the beneficial health effects of housekeeping work.

**Answer: B**

**272.** During the month-long hotel experiment conducted by Crum and Langer:

- ☐ A. hotel management confirmed that the workload of the housekeeping staff remained constant in both conditions throughout the study.
- ☐ B. the workload of the staff in the experimental group was increased and the workload of the control group was correspondingly decreased.
- ☐ C. the participants in the "informed group" tended to do much more exercise outside their jobs than the "uninformed" group.
- ☐ D. the experimental, but not the control participants, reported increased levels of fatigue due to their perception that work was exercise.

**Answer: A**

**273.** At the conclusion of the Crum and Langer hotel experiment:

- ☐ A. the "informed" participants were given free memberships in the hotel's fitness club.
- ☐ B. it was explained to all participants that the results of the experiment were conclusive; daily doses of ginkgo biloba were beneficial to health and well-being.
- ☐ C. the "uninformed" participants were given free memberships in the hotel's fitness club.
- ☐ D. all participants were debriefed, were told about the actual hypothesis, and the purpose of the experiment was explained to them.

**Answer: D**

**274.** The results of the Crum and Langer hotel experiment were that:

- ☐ A. the informed group participants showed significant improvements in all physical health measures except diastolic blood pressure.
- ☐ B. none of the participants benefited from perceiving housekeeping work as exercise.
- ☐ C. those who perceived housekeeping work as exercise (informed group) reported higher levels of fatigue than the uninformed group.
- ☐ D. the uninformed group participants showed significant improvements in all physical health measures including diastolic blood pressure.

**Answer: A**

**275.** The results of Crum and Langer's hotel experiment:

- ☐ A. were contradicted by the results of correlational research based on a student survey about health, diet, and exercise and personality measures.
- ☐ B. had little impact because the statistical analysis was flawed.
- ☐ C. provided additional support for the idea that people's beliefs and expectations can have a powerful influence.
- ☐ D. were discounted because the evidence was purely correlational.

**Answer: C**

**276.** In combination, the ginkgo biloba experiment and the hotel experiment demonstrated:

- ☐ **A.** that people's beliefs and expectations can have a significant influence on behavior and well-being.
- ☐ **B.** that demand characteristics and expectancy effects contributed to the main effects in both studies.
- ☐ **C.** taking ginkgo biloba in combination with exercise has proven health benefits.
- ☐ **D.** that housekeeping work in most hotels is unhealthy and contributes to physical ailments such as chronic back pain, and so on, but that ginkgo biloba can help prevent these illnesses.

**Answer: A**

**277.** How did Crum and Langer formally report the findings of their hotel experiment about the effect of perceiving work as exercise?

- ☐ **A.** They appeared on the television news program *60 Minutes*.
- ☐ **B.** They held a news conference at the Housekeeping Association of America's annual convention.
- ☐ **C.** They were interviewed, and their study was described in the "Science" section of *The New York Times*.
- ☐ **D.** They wrote up the study, and it was published in *Psychological Science*.

**Answer: D**

**278.** One criticism of Crum and Langer's hotel experiment was that:

- ☐ **A.** members of the informed group might have engaged in more exercise, eaten healthier foods, and so on, after being told about the benefits of exercise even though they reported no changes in their behavior.
- ☐ **B.** there was no control group used in the experiment.
- ☐ **C.** because it was not a double-blind, placebo controlled study, the results are invalid.
- ☐ **D.** members of the uninformed or control group might have engaged in more exercise, eaten healthier foods, and so on, after being told about the benefits of exercise even though they reported no changes in their behavior.

**Answer: A**

**279.** In a study of children's reading abilities, one group of 8-year-olds is exposed to a new program that supposedly enhances literacy. Another group is taught with standard methods for teaching reading. Results of the study indicated that the children taught with the new program learned to read more complex material than did the group who were exposed to the standard teaching methods. In this study, which is the control group?

- ☐ **A.** the group exposed to the new program
- ☐ **B.** the group that developed the new program
- ☐ **C.** the group that improved its reading abilities
- ☐ **D.** the group that received the standard teaching methods

**Answer: D**

**280.** The purpose of the control group in an experiment is to:

- ☐ A. serve as a baseline to which changes in the experimental group can be compared.
- ☐ B. provide substitute participants if people drop out of the experiment.
- ☐ C. ensure that ethical standards are maintained.
- ☐ D. make sure that experimental procedures are correctly followed and that results are accurately reported.

**Answer: A**

**281.** In an experiment, the control group is:

- ☐ A. the group of scientists who determine the value to be assigned to the independent variable.
- ☐ B. the group of administrators who determine whether a given procedure is ethical.
- ☐ C. the group of participants who are exposed to all experimental conditions, except the independent variable or treatment variable.
- ☐ D. the group of participants who are exposed only to the dependent variable.

**Answer: C**

**282.** Experiments can provide important information, but they also have limitations. Which of the following is one of the limitations discussed in your text?

- ☐ A. Experiments are often conducted in highly controlled laboratory environments and may thus have little to do with actual behavior.
- ☐ B. Experimental results cannot be used to establish a cause-and-effect relationship between two variables.
- ☐ C. Experiments are excellent at describing a phenomenon but cannot be used to make predictions.
- ☐ D. For ethical reasons, only animals can be experimental subjects, and conclusions may not be relevant to human behavior.

**Answer: A**

**283.** Limitations of the experimental method include which of the following?

- ☐ A. It may not be feasible to establish a cause-and-effect relationship.
- ☐ B. It may not be ethical or possible to experimentally investigate some issues.
- ☐ C. Cultural factors cannot be studied experimentally.
- ☐ D. Because the subjects are "blind" to the experimental conditions, they are unable to give informed consent.

**Answer: B**

**284.** A study investigating the effects of a naturally occurring event on the research participants is known as:

- ☐ A. a correlational research.
- ☐ B. a case study research.
- ☐ C. the double-blind technique.
- ☐ D. a natural experiment.

**Answer: D**

**285.** A natural experiment is a study that:

- ☐ A. investigates the effects of a naturally occurring event on the research participants.
- ☐ B. involves the systematic observation and recording of behaviors as they occur in their natural setting.
- ☐ C. uses a questionnaire or interview to investigate the opinions, behaviors, or characteristics of a particular group.
- ☐ D. involves the intensive, in-depth investigation of a single individual or small group of individuals.

**Answer: A**

**286.** After the dictatorship ended in Slobonia, many children were found in state run orphanages where they had been badly treated and often neglected. These children were placed for adoption and researchers followed their progress over a number of years, measuring psychological and physical indicators of well-being. This type of research is called:

- ☐ A. unethical because the children were subject to abuse before the researchers did any measurements.
- ☐ B. a natural experiment.
- ☐ C. a comparative psychology experiment.
- ☐ D. pseudoscientific research.

**Answer: B**

**287.** In accordance with the APA Ethical Guidelines, at the conclusion of the Crum and Langer hotel study, the participants would have been:

- ☐ A. interviewed by two clinical psychologists to ensure that no psychological harm had occurred.
- ☐ B. allowed to see the complete list of participants and the experimental conditions to which they were assigned.
- ☐ C. debriefed and the actual hypothesis and procedures involved in the study explained to them.
- ☐ D. given a free one-year supply of ginkgo biloba and a free membership in the health club of their choice.

**Answer: C**

**288.** Under the American Psychological Association's ethical code for psychologists, psychological researchers:

- ☐ A. must respect the dignity and welfare of the research participants.
- ☐ B. must consult each participant's family doctor.
- ☐ C. are never allowed to deceive research participants.
- ☐ D. can identify research participants by name, but only in professional journals.

**Answer: A**

**289.** The ethical requirement of informed consent means that:

- ☐ A. all participants must read and approve any written reports of the research results before they are published.
- ☐ B. participants must be completely informed about the purpose and conditions of the research, and must be free to withdraw from the research at any time.
- ☐ C. research participants must agree not to divulge any information about the nature of the study to any outside party.
- ☐ D. once the participants have agreed to participate in the study, they may not withdraw for any reason other than medical necessity.

**Answer: B**

**290.** Deception in psychology experiments:

- ☐ A. has not been allowed since the 1960s when participants in Stanley Milgram's obedience study were not told beforehand that they would have to use electric shock to punish the "learner" every time the "learner" made a mistake.
- ☐ B. is still allowed when it is not feasible to use alternatives that do not involve deception, and when the potential findings justify its use because of the scientific, educational, or applied value.
- ☐ C. is expressly forbidden by the provisions in the 2002 APA ethical guidelines and regulations.
- ☐ D. is allowed under the 2002 APA ethical guidelines without any restrictions or conditions.

**Answer: B**

**291.** Psychologists can use deception techniques as part of a study only when certain conditions have been met. Which is one of these conditions?

- ☐ A. Studies with nonhuman animals have demonstrated the importance of the research to humans.
- ☐ B. It is not feasible to use alternatives that do not involve deception.
- ☐ C. The researchers have ensured the confidentiality of identifiable information about the participants.
- ☐ D. There are significant factors that would influence the person's willingness to participate in the research.

**Answer: B**

**292.** Once a person has agreed to participate in a research study as a subject:

- ☐ A. the person is obligated to stay in the study until its conclusion.
- ☐ B. the person gives up his or her right to confidentiality of information.
- ☐ C. deception may be used since the person has agreed to the research participation.
- ☐ D. the person is still free to withdraw from the research at any time.

**Answer: D**

**293.** Juanita participated in a psychology research project that involved answering a number of arithmetic problems. During the experiment, she was informed that her answers were incorrect. After the experiment was completed, a research assistant explained the purpose of the experiment. He told Juanita that she had actually answered all items correctly, and then

explained why the experiment required that she be told that her answers were wrong. This stage of the research represents:

- ☐ A. informed consent.
- ☐ B. confidentiality.
- ☐ C. debriefing.
- ☐ D. voluntary participation.

**Answer: C**

**294.** Six-year-old Gary couldn't stop throwing up after being hit on his head. To help detect possible damage or brain swelling, doctors took a detailed image of the boy's brain structures using a powerful, non-invasive technique that involves harmless magnetic fields. What instrument was used?

- ☐ A. a PET scanner
- ☐ B. an electroconvulsive therapy (ECT) instrument
- ☐ C. transcranial magnetic stimulation (TMS)
- ☐ D. an MRI scanner

**Answer: D**

**295.** Which of the following techniques or instruments generates color-coded images of the brain's activity by tracking a small amount of radioactively tagged glucose that is injected into the person's bloodstream?

- ☐ A. transcranial magnetic stimulation (TMS)
- ☐ B. electroconvulsive therapy (ECT)
- ☐ C. magnetic resonance imaging (MRI)
- ☐ D. positron emission tomography (PET)

**Answer: D**

**296.** Functional magnetic resonance imaging (fMRI):

- ☐ A. combines the ability to produce a detailed image of the brain's structures with the capacity to track the brain's activity and functioning.
- ☐ B. involves injecting the participant with a radioactively tagged compound, such as glucose, that is tracked as it is used in different brain regions.
- ☐ C. is limited because the participant cannot be repeatedly scanned.
- ☐ D. produces brain images that are not as sharp and are much less detailed than those produced by PET scans.

**Answer: A**

**297.** To identify which brain areas are most active when a person suffering from schizophrenia has hallucinations, researchers could use the \_\_\_\_\_ to track the use of radioactively tagged glucose throughout the brain.

- ☐ A. MRI scan
- ☐ B. PET scan
- ☐ C. fMRI scan

- ☐ D. ECT scan

**Answer: B**

**298.** Dr. Gomez wanted to investigate the effects of nicotine on the activity of the brain. Because she did not want to expose people to radioactivity or use any invasive procedures to measure brain activity, Dr. Gomez chose to use \_\_\_\_\_ for her measures of brain activity.

- ☐ A. the double-blind technique (DBT)  
☐ B. PET scans  
☐ C. transcranial magnetic stimulation (TMS)  
☐ D. functional MRI (fMRI) scans

**Answer: D**

**299.** When comparing fMRIs to PET scans, you can see that:

- ☐ A. PET scans provide a much sharper picture than fMRIs.  
☐ B. PET scans use less radioactive glucose than fMRIs.  
☐ C. fMRIs provide a picture of brain activity averaged over seconds rather than the several minutes that PET scans require.  
☐ D. PET scans can be used to study the details of much smaller brain structures than fMRIs.

**Answer: C**

**300.** You and your co-researchers want to compare the brain structures of musically gifted young adolescents with those of a closely matched control group of normal, nonmusical adolescents using a non-invasive technique. You and your colleagues are conducting a(n) \_\_\_\_\_ brain imaging study, and will use \_\_\_\_\_ to study the details of the brain structures.

- ☐ A. experimental; PET scanning  
☐ B. descriptive; electroconvulsive therapy (ECT)  
☐ C. experimental; transcranial magnetic stimulation (TMS)  
☐ D. descriptive; magnetic resonance imaging (MRI)

**Answer: D**

**301.** Which of the follow statements was NOT discussed in the Chapter 1 "Focus on Neuroscience" feature as a potential limitation of brain imaging studies?

- ☐ A. Because the participants in the brain imaging studies usually have some type of brain damage, it is difficult to draw conclusions about the functioning of the healthy, intact human brain.  
☐ B. Because brain imaging research tends to involve small groups of participants, caution must be exercised in generalizing results to a wider population.  
☐ C. If a psychological process is complex, it is much less likely that brain imaging will identify a specific brain region uniquely associated with that psychological process.  
☐ D. Knowing that a particular psychological process activates a particular brain area does not necessarily further the explanation or understanding of the psychological process.

**Answer: A**

**302.** According to the Focus on Neuroscience, "Psychological Research Using Brain Imaging," which of the following is a potential limitation of brain imaging?

- ☐ **A.** It is now considered unethical to use these techniques on humans and only animal studies are permitted.
- ☐ **B.** Brain imaging studies usually involve a small number of participants and tend to focus on simple aspects of behavior.
- ☐ **C.** They all use invasive procedures and radioactive substances and are potentially harmful to participants.
- ☐ **D.** Because these techniques use correlational methods, they cannot be used to determine precise associations between brain activity and psychological functions.

**Answer: B**

**303.** Ethical standards for animal research in psychology:

- ☐ **A.** are identical to the standards for research using human subjects.
- ☐ **B.** are nonexistent.
- ☐ **C.** are set by the American Psychological Association and by state and federal laws.
- ☐ **D.** apply only to research using monkeys and chimps.

**Answer: C**

**304.** Of the psychological studies conducted in the United States that use animals, which animals are most commonly used?

- ☐ **A.** rats, mice, or other rodents
- ☐ **B.** chimps or gorillas
- ☐ **C.** pigeons or sparrows
- ☐ **D.** dogs and cats

**Answer: A**

**305.** Psychology research using animals as research subjects:

- ☐ **A.** is much more common than research using humans as subjects.
- ☐ **B.** has contributed to the understanding of memory, stress, and psychological disorders and their treatment.
- ☐ **C.** almost always involves exposing the animals to pain or suffering.
- ☐ **D.** almost always involves the use of monkeys or chimpanzees.

**Answer: B**

**306.** What percentage of psychological studies in any given year involve nonhuman animals as subjects?

- ☐ **A.** 90 percent
- ☐ **B.** 70 percent
- ☐ **C.** 50 percent
- ☐ **D.** less than 10 percent

**Answer: D**



**307.** The branch of psychology that focuses on the study of the behavior of different animal species is called:

- ☐ A. evolutionary psychology.
- ☐ B. comparative psychology.
- ☐ C. experimental psychology.
- ☐ D. biological psychology.

**Answer: B**

**308.** Which of the following is NOT one of the reasons that animals are used in psychological research?

- ☐ A. There are many similarities between human and animal behavior.
- ☐ B. It is often easier to study changes over the lifespan with nonhuman animals.
- ☐ C. Research with nonhuman animal research is not subject to ethical rules and guidelines.
- ☐ D. The results may promote the quality of life for zoo animals and the survival of endangered species in the wild.

**Answer: C**

**309.** According to the Enhancing Well-Being with Psychology feature at the end of Chapter 1, which of the following statements is TRUE?

- ☐ A. Testimonials from people who have actually used a psychology-related product, such as a hypnosis tape, represent strong evidence that a product is effective.
- ☐ B. You would be wise to assume that your life experiences are identical to those of the vast majority of people.
- ☐ C. You can trust the accuracy of a newspaper or magazine report of psychological findings as long as it is a well-known publication.
- ☐ D. Reporters sometimes add their own interpretation to the research they report, thereby misrepresenting the research findings.

**Answer: D**

**310.** How might the different goals of media and science clash?

- ☐ A. Media reporters are more likely to objectively report research findings than are the scientists who discovered them.
- ☐ B. Scientists are more interested in taking personal credit for new discoveries, while media reporters are more interested in the discoveries themselves.
- ☐ C. Media reporters are often more interested in attracting viewers or listeners than accurately portraying scientific findings.
- ☐ D. Media reporters are likely to have different political goals than scientists.

**Answer: C**

**311.** A news article about psychological research on sex differences in the rates of major depression noted that the research was originally reported in *Psychological Science*, a journal published by the American Psychological Society. Knowing this, you can safely assume that the:

- ☐ A. study was probably reviewed by other psychologists with expertise in research methods before the study was accepted for publication.
- ☐ B. reporter read the published study before interviewing the researchers.
- ☐ C. researchers paid to have the study published in a professional journal.
- ☐ D. news article is reporting the results of the study in an unbiased, even-handed manner.

**Answer: A**

**312.** Anecdotal evidence:

- ☐ A. is more reliable than data generated by artificial laboratory experiments.
- ☐ B. consists of telling personal stories to support a particular claim.
- ☐ C. is essentially the same as conducting a survey.
- ☐ D. typically involves large groups of randomly selected research participants.

**Answer: B**

**313.** In critically evaluating a media report about a psychological finding or study, you should:

- ☐ A. always remember that the terms *correlation* and *causality* mean the same thing.
- ☐ B. look for the elements of good research design, including operational definitions of the variables and the use of control groups.
- ☐ C. remember that some of the most compelling scientific evidence is anecdotal evidence.
- ☐ D. assume that the reporter understands all the details of the study.

**Answer: B**

**314.** According to the Enhancing Well-Being with Psychology feature, when psychological research is reported in the mass media, which of the following is a good indicator of credibility?

- ☐ A. the specific location where the research was conducted
- ☐ B. the professional journal in which the research was originally published
- ☐ C. whether the research was supported by a government grant
- ☐ D. the number of subjects who participated in the study

**Answer: B**

1. What roles did philosophy and physiology play in the development of psychology as an independent science?

HTML Editor

**Answer:**

2. What early school of psychology did Titchener found, and what did it advocate?

HTML Editor

**Answer:**

3. How did Wilhelm Wundt and William James differ in their views of what psychology should study?

HTML Editor

**Answer:**

4. What role did William James play in the founding of psychology in the United States?

HTML Editor

**Answer:**

5. Discuss Charles Darwin's influence on William James and explain how his theory of evolution contributed to psychology.

HTML Editor

**Answer:**

6. Name four of William James's students and discuss how they influenced the development of psychology in the United States.

HTML Editor

**Answer:**

7. What contributions did Mary Whiton Calkins and Margaret Floy Washburn make to psychology?

HTML Editor

**Answer:**

8. What kinds of obstacles were faced by women in the early days of American psychology?

HTML Editor

**Answer:**

9. Discuss the achievements and contributions of Francis C. Sumner.

HTML Editor

**Answer:**

10. Who was Sigmund Freud, and what were the basic ideas of the school of psychological thought he founded?

HTML Editor

**Answer:**

- 11.** Compare and contrast psychoanalysis and behaviorism as two of the early schools of psychology.

HTML Editor

**Answer:**

- 12.** What roles did Ivan Pavlov, John B. Watson, and B. F. Skinner play in the founding of behaviorism?

HTML Editor

**Answer:**

- 13.** What are the basic ideas and assumptions of behaviorism?

HTML Editor

**Answer:**

- 14.** What is humanistic psychology, and who advocated this approach?

HTML Editor

**Answer:**

- 15.** List and describe the major perspectives in contemporary psychology.

HTML Editor

**Answer:**

**16.** What are the basic assumptions of the evolutionary perspective in contemporary psychology?

HTML Editor

**Answer:**

**17.** How do individualistic cultures differ from collectivistic cultures?

HTML Editor

**Answer:**

**18.** Describe three specialty areas in psychology, and provide an example of a research topic or question each area might investigate.

HTML Editor

**Answer:**

**19.** How do clinical psychologists differ from psychiatrists, and how are they similar?

HTML Editor

**Answer:**

**20.** What assumptions and attitudes are held by psychologists?

HTML Editor

**Answer:**

**21.** Briefly describe the steps in the scientific method.

HTML Editor

**Answer:**

**22.** Describe three qualities that characterize critical thinking.

HTML Editor

**Answer:**

**23.** Why is it important for psychologists to report their research findings?

HTML Editor

**Answer:**

**24.** How is a theory different from a hypothesis?

HTML Editor

**Answer:**

**25.** What is the method of naturalistic observation, and what are some of its advantages?

HTML Editor

**Answer:**

**26.** Compare and contrast the naturalistic observation method and the case study method.

HTML Editor

**Answer:**

**27.** What strategies do pseudosciences often use in promoting their claims?

HTML Editor

**Answer:**

**28.** In a scientifically conducted survey, describe how participants should be selected and explain the importance of the selection process.

HTML Editor

**Answer:**

**29.** Every day on the World Wide Web, people can participate in an opinion poll about current news events at the CNN.com web site. How do scientifically conducted surveys differ from such surveys?

HTML Editor

**Answer:**

**30.** What do correlational studies examine, and what conclusions can be drawn from a correlational study?

HTML Editor

**Answer:**



**31.** Give an example of two factors that are positively correlated, and explain what that means.

HTML Editor

**Answer:**

**32.** What is the difference between a positive correlation and a negative correlation? Give an example of each.

HTML Editor

**Answer:**

**33.** Why are correlational studies useful?

HTML Editor

**Answer:**

**34.** What is the difference between the independent variable and the dependent variable?

HTML Editor

**Answer:**

**35.** What were the independent variable and the dependent variables in Crum and Langer's hotel experiment?

HTML Editor

**Answer:**

**36.** What was the purpose of Crum and Langer's experiment and how did they test their hypothesis?

HTML Editor

**Answer:**

**37.** What conclusions can be drawn from the combined results of the ginkgo biloba experiment and Crum and Langer's hotel experiment?

HTML Editor

**Answer:**

**38.** When would a placebo control group be used in an experiment, and why?

HTML Editor

**Answer:**

**39.** What is a natural experiment and how does it differ from other research methods?

HTML Editor

**Answer:**

**40.** What are some of the limitations of experiments?

HTML Editor

**Answer:**

**41.** What are some of the reasons that psychologists use animals in research?

HTML Editor

**Answer:**

**42.** Describe at least three of the APA ethical guidelines.

HTML Editor

**Answer:**

**43.** What guidelines should you keep in mind evaluating psychology-related information reported in the mass media?

HTML Editor

**Answer:**

**44.** Today, psychology is formally defined as the scientific study of behavior and mental processes.

**Answer:** True

**45.** More than 2,000 years ago, the Greek philosopher Aristotle wrote extensively about psychological topics such as sleep, dreams, the senses, and memory.

**Answer:** True

**46.** René Descartes promoted a doctrine called interactive monism, an idea that said the mind and the body are one entity that produces sensations, emotions, and other conscious experiences.

**Answer:** False

**47.** Psychology's definition has not changed since it was founded as a science in the late nineteenth century.

**Answer:** False

48. Psychologists today have abandoned the nature-nurture debate and concluded that the environment is responsible for behavior.

**Answer:** False

49. Many of the issues that are central to contemporary psychology have been debated for hundreds of years.

**Answer:** True

50. The established science most responsible for the emergence of psychology as a scientific discipline was physiology.

**Answer:** True

51. The event that marked the formal beginning of psychology as a separate experimental science occurred when William James taught the first course in psychology at Harvard University in the early 1870s.

**Answer:** False

52. Wilhelm Wundt wrote a landmark textbook titled *Principles of Physiological Psychology* in the 1870s that promoted his belief that psychology should be established as a separate scientific discipline.

**Answer:** True

53. Wilhelm Wundt defined psychology as the study of consciousness and emphasized the use of experimental methods to study and measure consciousness.

**Answer:** True

54. The first major school of thought in psychology was called structuralism.

**Answer:** True

55. The school of thought in psychology called structuralism held that even our most complex conscious experiences could be broken down into elemental structures of conscious thought.

**Answer:** True

56. Edward B. Titchener at Cornell University opened the first psychology research laboratory.

**Answer:** False

57. Williams James's book titled *Principles of Psychology* provided the basis for the development of a new school of psychology called behaviorism.

**Answer:** False

58. Charles Darwin was the author of the landmark book on evolution, *On the Origin of Species*.

**Answer:** True

59. Charles Darwin's book *On the Origin Of Species* had a profound effect on William James and influenced his ideas about the importance of adaptation to environmental changes.

**Answer:** True

60. Edward B. Titchener departed from Wilhelm Wundt's position regarding consciousness and developed his own ideas on the nature of psychology, which he called functionalism.

**Answer:** False

61. William James developed the technique called introspection as a way for people to tap into their unconscious.

**Answer:** False

62. Introspection was not a good method for psychology to use because this method could not be used to study a variety of complex topics, such as learning, development, and personality.

**Answer:** True

63. Both the functionalists and the structuralists thought that psychology should focus on the study of conscious experiences.

**Answer:** True

64. William James played a key role in helping to establish psychology in the United States.

**Answer:** True

65. Followers of the school of functionalism strongly favored a scientific method called introspection and emphasized studying the most basic components of conscious experience.

**Answer:** False

66. Like behaviorists, functionalists were opposed to having psychology study consciousness or conscious experience.

**Answer:** False

67. William James's writings were the basis for a new school of psychology called functionalism.

**Answer:** True

68. Whereas structuralists were concerned with the study of conscious experiences, functionalists abandoned the study of conscious experiences, favoring the study of overt measurable behavior.

**Answer:** False

69. Both G. Stanley Hall and Mary Whiton Calkins were German psychologists who were originally students of Wilhelm Wundt.

**Answer:** False

70. Mary Whiton Calkins was the first woman president of the American Psychological Association and the author of a comprehensive textbook on psychology.

**Answer:** True

71. Harvard University awarded Mary Whiton Calkins her Ph.D., but only after William James intervened on her behalf.

**Answer:** False

72. Harvard University refused to award Mary Whiton Calkins her Ph.D. in psychology because she was a woman and at that time Harvard was not a coeducational institution.

**Answer:** True

73. The first American woman to earn a Ph.D. in psychology and the second woman to be elected president of the American Psychological Association was Margaret Floy Washburn.

**Answer:** True

74. Francis C. Sumner was the first African American to earn a Ph.D. in psychology.

**Answer:** True

75. According to Freud, glimpses of unconscious impulses were revealed in everyday life in dreams, memory blocks, and slips of the tongue.

**Answer:** True

76. Despite repeated invitations from William James and others, Sigmund Freud refused to visit the United States.

**Answer:** False

77. According to Freud, glimpses of the unconscious are revealed in dreams, memory blocks, slips of the tongue, and spontaneous humor.

**Answer:** True

78. Psychoanalysis emphasized the role of early childhood experience and unconscious conflicts in the development of personality.

**Answer:** True

79. Because his ideas were so controversial in this country, Sigmund Freud was refused a visa to visit the United States.

**Answer:** False

80. Ivan Pavlov demonstrated that dogs could learn to associate a neutral stimulus, such as the sound of a bell, with an automatic response, such as reflexively salivating to food.

**Answer:** True

81. John B. Watson believed that conscious processes were worthy of study for psychology and promoted the use of introspection as a technique for studying such processes.

**Answer:** False

82. At the turn of the 20th century, Ivan Pavlov founded developmental psychology with his pioneering studies of infants and young children.

**Answer:** False

83. Like earlier psychologists, Watson and the behaviorists focused on the study of mental processes and conscious experience.

**Answer:** False

84. It was a young, dynamic psychologist named John Watson who said, "Behaviorism, on the contrary, holds that the subject matter of human psychology is the behavior of the human being. Behaviorism claims that consciousness is neither a definite nor a usable concept. The behaviorist, who has been trained always as an experimentalist, holds, further, that belief in the existence of consciousness goes back to the ancient days of superstition and magic."

**Answer:** True

85. In compelling experimental demonstrations, B. F. Skinner systematically used reinforcement or punishment to shape the behavior of rats and pigeons.

**Answer:** True

86. John Watson and B. F. Skinner were two important American psychologists associated with the school of behaviorism.

**Answer:** True

87. The goal of psychologists Abraham Maslow and Carl Rogers was to discover the fundamental principles of learning.

**Answer:** False

88. Rejecting the study of conscious experience, Carl Rogers and Abraham Maslow were behaviorists who emphasized the importance of observable behaviors.

**Answer:** False

89. Because humanistic psychology was distinctly different from both psychoanalysis and behaviorism, it was sometimes referred to as the "third force" in American psychology.

**Answer:** True

90. Humanistic psychology was largely founded by the American psychologist B. F. Skinner.

**Answer:** False

91. Carl Rogers emphasized the conscious experiences of his patients, including each person's unique potential for psychological growth and self-direction.

**Answer:** True

92. Abraham Maslow, a humanistic psychologist, developed a theory of motivation that emphasized



psychological growth.

**Answer:** True

**93.** Like psychoanalysis, humanistic psychology included influential theories of personality and a form of psychotherapy.

**Answer:** True

**94.** Today's psychologists tend to identify themselves according to the perspective they emphasize in investigating psychological topics and the specialty area in which they have been trained.

**Answer:** True

**95.** Although the biological perspective was important when psychology was first founded, it is of little interest in contemporary psychology.

**Answer:** False

**96.** In the 1950s and 1960s, the relative success of new medications in the treatment of psychological disorders increased interest in the biological perspective of psychology.

**Answer:** True

**97.** The biological perspective emphasizes the importance of brain and nervous system processes in explaining people's behavior.

**Answer:** True

**98.** Cognitive psychology developed as a reaction against the use of computers in science and industry.

**Answer:** False

**99.** The behavioral perspective of psychology focuses on how behavior is acquired through unconscious influences and early childhood experiences.

**Answer:** False

**100.** The humanistic perspective of psychology focuses on the motivation of people to grow psychologically.

**Answer:** True

**101.** Positive psychology is a field of psychological research and theory focusing on the study of positive emotions and psychological states, positive individual traits, and social institutions that foster those qualities in individuals and communities.

**Answer:** True

**102.** The emergence of the cognitive perspective in psychology in the 1960s represented a return to psychology's historical roots by focusing on how mental processes influence behavior.

**Answer:** True

**103.** The development of the first computers in the 1950s was a contributing factor to the cognitive revolution in psychology.

**Answer:** True

**104.** Psychologists who take the behavioral perspective tend to emphasize environmental influences on behavior, particularly behavior that can be directly observed and measured.

**Answer:** True

**105.** Evolutionary psychology is most interested in the evolution of the unconscious into consciousness.

**Answer:** False

**106.** According to proponents of evolutionary psychology, psychological processes that helped individuals adapt to their environment also helped them to survive, reproduce, and pass on those psychological abilities or patterns to their offspring.

**Answer:** True

**107.** Psychologists who take the evolutionary perspective apply the principles of evolution, including natural selection, to explain psychological processes and phenomena.

**Answer:** True

**108.** Psychologists who take the evolutionary perspective study the effects of culture on behavior and mental processes.

**Answer:** False

**109.** Evolutionary psychologists emphasize studying the physical bases of human and animal behavior, including the nervous system, endocrine system, immune system, and genetics.

**Answer:** False

**110.** Culture is a broad term that refers to the attitudes, values, beliefs, and behaviors shared by a group of people and communicated from one generation to another.

**Answer:** True

**111.** Norms of social behavior are virtually identical in all developed countries.

**Answer:** False

**112.** When the term *culture* is broadly defined, about 4,000 different cultures can be said to exist in the world today.

**Answer:** True

**113.** Studying the differences among various cultures that exist in the world today and examining their influence on behavior are fundamental goals of cross-cultural psychology.

**Answer:** True

**114.** Collectivistic cultures are cultures that stress individual goals and achievements over the goals and achievements of the group.

**Answer:** False

**115.** To promote greater tolerance and acceptance of cultural differences, ethnocentrism should be encouraged.

**Answer:** False

**116.** Individualistic cultures emphasize the importance of the individual in meeting the needs and the goals of the cultural group.

**Answer:** False

**117.** Ethnocentrism is the use of our own culture as the standard for judging other cultures.

**Answer:** True

**118.** Cultural norms are unwritten rules of behavior that are acted on with little thought once they have been learned and internalized.

**Answer:** True

- 119.** It is a universal cultural norm that infants and toddlers are not routinely supposed to sleep in the same bed as their parents.

**Answer:** False

- 120.** Many cultures are neither completely individualistic nor completely collectivistic, but fall somewhere between the two extremes.

**Answer:** True

- 121.** According to one of the pie charts in Chapter 1, among psychologists who recently received their doctorate, most chose "clinical psychology" as their specialty area.

**Answer:** True

- 122.** According to one of the pie charts in Chapter 1, the most common employment setting for psychologists is working for the federal government.

**Answer:** False

- 123.** Biological psychologists study the relationship between psychological processes and the body's physical systems, including the brain and the rest of the nervous system, the endocrine system, the immune system, and genetics.

**Answer:** True

- 124.** Biological psychology, also known as biopsychology, was formerly called physiological psychology.

**Answer:** True

- 125.** Dr. Rice studies the causes, diagnosis, treatment, and prevention of different types of behavioral and emotional disorders, such as anxiety, mood, or eating disorders. She is most likely a clinical psychologist.

**Answer:** True

- 126.** Cognitive psychologists primarily investigate the social, psychological, and physical changes that occur at different ages and stages of the lifespan, from conception to death.

**Answer:** False

- 127.** Dr. Bremmer investigates mental processes, including reasoning and thinking, problem solving, memory, perception, memory, and language. Dr. Bremmer is a cognitive psychologist.

**Answer:** True

- 128.** Counseling psychology helps people of all ages adjust, adapt, and cope with personal and interpersonal problems in such diverse areas as relationships, work, education, marriage, child rearing, and aging.

**Answer:** True

- 129.** Educational psychology is a specialty area in psychology that studies how people of all ages learn. It is also concerned with developing instructional methods and material used to train people.

**Answer:** True

- 130.** Educational psychologists use psychological theory and knowledge to enhance athletic performance, motivation, and consistency.

**Answer:** False

- 131.** *Experimental psychology* is a term used to describe research focused on basic psychological topics such as sensory and perceptual processes, learning, emotion, and motivation.

**Answer:** True

- 132.** Educational psychology is a specialty area that investigates research focused on basic psychological topics such as sensory and perceptual processes, learning, emotion, and motivation.

**Answer:** False

- 133.** The specialty area that studies the physical, social, and psychological changes that occur at different ages and stages of the lifespan, from conception to old age is developmental psychology.

**Answer:** True

- 134.** Forensic psychology applies psychological principles and techniques to legal issues, such as the assessment and treatment of offenders, mental competency to stand trial, child custody, jury selection, and eyewitness testimony.

**Answer:** True

- 135.** Rehabilitation psychology focuses on the role of psychological factors in the development, prevention, and treatment of illness and includes such areas as stress and coping, the relationship between psychological factors and physical health, and ways of promoting health-enhancing behaviors.

**Answer:** False

- 136.** The specialty area that applies psychological knowledge to helping people with chronic and disabling health conditions adapt to their situation and attain optimal psychological, interpersonal, and physical functioning is called health psychology.

**Answer:** False

- 137.** An industrial/organizational psychologist would most likely study worker productivity, job satisfaction, or the interaction between people and equipment.

**Answer:** True

- 138.** Personality psychologists study individual differences in people and the characteristics that make each person unique.

**Answer:** True

- 139.** Developmental psychologists study the physical, social, and psychological changes that occur throughout the lifespan, from conception to death.

**Answer:** True

- 140.** In his research, Dr. Klein's explores how people are affected by their social environments. He is particularly interested in helping behavior, conformity, obedience, prejudice, and aggression. Dr. Klein is a social psychologist.

**Answer:** True

- 141.** Sports psychology uses psychological theory and knowledge to enhance athletic motivation, performance, and consistency.

**Answer:** True

- 142.** School psychologists provide a variety of psychological services to children, adolescents, and families in public and private schools.

**Answer:** True

- 143.** All psychologists are automatically health psychologists because they are trained to administer psychotherapy to people with mental disorders.

**Answer:** False

- 144.** Psychologists in New Mexico and Louisiana can qualify for prescription privileges if they complete additional coursework and supervised clinical training.

**Answer:** True

- 145.** All psychiatrists and clinical psychologists can prescribe medications and treat mental illness with a variety of medical procedures.

**Answer:** False

- 146.** A clinical psychologist can hospitalize people and order biomedical therapies, such as transcranial magnetic stimulation (TMS) or electroconvulsive therapy (ECT).

**Answer:** False

- 147.** Because there are so few psychiatrists in the state, North Dakota became the first state in the nation to pass legislation authorizing properly trained psychologists to prescribe for medications for psychological symptoms.

**Answer:** False

- 148.** Clinical psychologists study people with psychological disorders while psychiatrists actually treat them.

**Answer:** False

- 149.** A clinical psychologist holds a doctorate in psychology whereas a psychiatrist holds a medical degree.

**Answer:** True

- 150.** The four basic goals of psychology are to (1) describe, (2) explain, (3), predict, and (4) influence behavior.

**Answer:** True

- 151.** As scientists, psychologists are guided by several attitudes, including being open-minded, maintaining a healthy sense of scientific skepticism, and critically evaluating the evidence for

new findings.

**Answer:** True

**152.** Psychologists assume that behavior and mental processes follow consistent patterns.

**Answer:** True

**153.** The scientific method is rarely used in psychology, as psychologists value "common sense," subjective experience, and expert opinions more highly than so-called empirical evidence.

**Answer:** False

**154.** A hypothesis is a tentative explanation that tries to integrate and account for the relationship of various findings and observations.

**Answer:** False

**155.** An operational definition defines a variable in terms of how it is to be measured, manipulated, or changed.

**Answer:** True

**156.** Critical thinkers are aware of their own biases and assumptions.

**Answer:** True

**157.** The critical thinker first draws conclusions and then evaluates the evidence for those conclusions.

**Answer:** False

**158.** A critical thinker can assume other perspectives that are fundamentally different from his or her own.

**Answer:** True

**159.** Most critical thinkers try to boil down an issue into its simplest components, frequently reducing a complex issue to an either/or kind of proposition.

**Answer:** False

**160.** When a critical thinker is asking herself, "What evidence supports this claim?" she is



demonstrating a healthy sense of skepticism.

**Answer:** True

**161.** If a finding is statistically significant, it is likely that the result is due to chance.

**Answer:** False

**162.** A statistical technique called meta-analysis is used to analyze the results of many studies on a single topic.

**Answer:** True

**163.** Once a theory is proven through statistics, it becomes a widely accepted, unchanging psychological "law."

**Answer:** False

**164.** Replication of research findings increases confidence in the accuracy of those findings.

**Answer:** True

**165.** A hypothesis is to a question as a theory is to a model.

**Answer:** True

**166.** Descriptive methods are research strategies for observing and describing behavior.

**Answer:** True

**167.** Descriptive research methods are research methods that can be used to demonstrate a cause-and-effect relationship, but not correlational associations.

**Answer:** False

**168.** The basic goal of naturalistic observation is to do an in-depth study of a single individual's behavior.

**Answer:** False

**169.** Researchers using naturalistic observation try not to be detected by their subjects since detection might interfere with the naturally occurring behavior.

**Answer:** True

**170.** Descriptive methods include correlational studies, case studies, surveys, and naturalistic observation.

**Answer:** True

**171.** The word *pseudo* means "rare" or "unusual."

**Answer:** False

**172.** A pseudoscience is a theory, method, or practice that promotes claims in ways that appear scientific even though supporting empirical evidence is lacking or nonexistent.

**Answer:** True

**173.** Magnet therapy is the practice of applying magnets to the body to supposedly treat various conditions and ailments.

**Answer:** True

**174.** Magnet therapy has been shown to be very effective in treating various ailments and conditions.

**Answer:** False

**175.** The use of anecdotes or testimonials are commonly used strategies in promoting pseudoscientific claims.

**Answer:** True

**176.** Proponents of pseudoscience frequently use scientific jargon without scientific substance to promote their claims.

**Answer:** True

**177.** Mixing bits of established scientific knowledge with completely unfounded claims is a common strategy used to promote pseudoscience.

**Answer:** True

**178.** An irrefutable or nonfalsifiable claim is one that can be proven or tested empirically.

**Answer:** False

**179.** The confirmation bias is the tendency to seek out evidence that confirms a claim or belief, while ignoring evidence that contradicts or undermines the claim or belief.

**Answer:** True

**180.** The confirmation bias refers to the empirical or scientific evidence that is used to confirm or support pseudoscientific claims.

**Answer:** False

**181.** In science, the responsibility for proving the validity of a claim rests with those making the claim.

**Answer:** True

**182.** Pseudoscientists often claim that the responsibility for proving or disproving the validity of their claims rests with the skeptics and not with them.

**Answer:** True

**183.** When pseudoscientists fail to deliver on their promises they invariably offer a variety of excuses, a strategy called "multiple outs."

**Answer:** True

**184.** Carl Sagan stated that "extraordinary claims require extraordinary evidence."

**Answer:** True

**185.** The case study method is often used to help develop a profile of a psychotherapy client.

**Answer:** True

**186.** Psychological records, medical records, and even school records may be examined in a case study.

**Answer:** True

**187.** One advantage offered by survey research is that information can be gathered from a large group of people about the cause and effect of some phenomenon.

**Answer:** False

**188.** For survey results to apply to a particular group, every person within that group must respond to the survey questionnaire.

**Answer:** False

**189.** A sample is always representative of the population from which it is taken.

**Answer:** False

**190.** A representative sample very closely matches the population from which it is drawn.

**Answer:** True

**191.** Random selection is a process in which participants are selected randomly from a larger group such that every group member has an equal chance of being included in the study.

**Answer:** True

**192.** Random selection was used to select the survey participants for the National Health and Social Life Survey (NHSLS).

**Answer:** True

**193.** In their survey of how much time young people spent playing video games, psychologists Craig Anderson and Karen Dill used random selection to create a representative sample of American youth.

**Answer:** False

**194.** A correlation coefficient always falls in the range from  $-1.00$  to  $+1.00$ .

**Answer:** True

**195.** A recent meta-analysis found a moderately strong correlation between parental socioeconomic status and use of corporal punishment. The correlation revealed that as parental level of socioeconomic status increased, rates of parents' use of corporal punishment decreased. This finding represents a negative correlation.

**Answer:** True

**196.** Several correlational studies all point to the same basic conclusion: the more time that students spend playing violent video games, the lower their grade point average tends to be. This means that low grades cause students to play violent video games.

**Answer:** False

**197.** As compared to a correlation of  $-.60$ , a correlation of  $+.60$  represents a relationship between two factors that is twice as strong.

**Answer:** False

**198.** A negative correlation is one in which both factors decrease together.

**Answer:** False

**199.** Even though correlational research cannot be used to establish a cause-and-effect relationship, correlational research can be used to make meaningful predictions.

**Answer:** True

**200.** Increased number of hours watching television is associated with decreased grades on school tests. This finding represents a positive correlation.

**Answer:** False

**201.** A positive correlation reflects a cause-and-effect relationship between two variables, while a negative correlation indicates the absence of a cause-and-effect relationship between the variables.

**Answer:** False

**202.** If a perfect positive correlation of  $+1.00$  occurs, it means that as factor A increases, factor B always decreases.

**Answer:** False

**203.** Even if two factors are very strongly correlated, correlation does NOT necessarily indicate causality.

**Answer:** True

**204.** The experimental method is a research method used to demonstrate cause-and-effect relationships by purposely manipulating one factor thought to produce change in another factor.

**Answer:** True

**205.** Independent variable is to dependent variable as deliberately varied is to measured.

**Answer:** True

**206.** The dependent variable is the factor that is observed and measured for change in an experiment and is thought to be influenced by the independent variable.

**Answer:** True

**207.** The independent variable is the purposely manipulated factor thought to produce change in an experiment.

**Answer:** True

**208.** In an experiment, the group of participants who are exposed to all the experimental conditions, including the independent variable, is called the experimental group or experimental condition.

**Answer:** True

**209.** The dependent variable is also called the treatment variable.

**Answer:** False

**210.** Extraneous variables are factors other than the ones being studied that, if not controlled, could affect the outcome of the experiment.

**Answer:** True

**211.** Extraneous variables are also called confounding variables.

**Answer:** True

**212.** Experimental controls are specific strategies and procedures that help minimize the possibility that extraneous variables or some other uncontrolled factor will influence the outcome of the experiment.

**Answer:** True

**213.** The experimental group (or experimental condition) is the group of participants who are exposed to all experimental conditions, including the independent variable or treatment variable.

**Answer:** True

**214.** The placebo control group is a control group in which participants are exposed to a fake independent variable, or placebo.

**Answer:** True

**215.** The effects of the placebo are compared to the effects of the actual independent variable on the experimental group. This group serves as a check for practice effects and expectancy effects.

**Answer:** True

**216.** A placebo is a fake and inert substance, procedure, or treatment that has no known direct effects.

**Answer:** True

**217.** Expectancy effects are the same things as demand characteristics.

**Answer:** False

**218.** The placebo effect is any change attributed to a person's beliefs and expectations rather than the actual drug, treatment, or procedure.

**Answer:** True

**219.** In the ginkgo biloba experiment, the participants in both the experimental group and the placebo control group improved on the cognitive tests because of a practice effect.

**Answer:** True

**220.** The placebo effect is also called the expectancy effect.

**Answer:** True

**221.** Random assignment means that all participants in the study have an equal chance of being assigned to any of the groups or conditions in an experiment.

**Answer:** True

**222.** Random assignment helps ensure that potential differences among participants are spread out across all experimental conditions.

**Answer:** True

**223.** A single-blind technique is one in which neither the participants nor the researcher interacting with the participants is aware of the group or condition to which each participant has been assigned.

**Answer:** False

**224.** The double-blind technique is used to guard against the possibility that the researcher will display subtle cues or signals that communicate what is expected from the participants.

**Answer:** True

**225.** In a double-blind study, neither the researcher nor the participant is aware of the experimental condition to which the participant is assigned.

**Answer:** True

**226.** The purpose of the double-blind technique is to guard against the possibility that the researcher will inadvertently display expectancy effects.

**Answer:** False

**227.** The purpose of the double-blind technique is to guard against the possibility that the researcher will inadvertently become an extraneous or confounding variable and display demand characteristics.

**Answer:** True

**228.** In a double-blind experiment, participants are both blindfolded and placed in a sound-proof chamber.

**Answer:** False

**229.** The experimental technique in which the researchers, but not the participants, are aware of the critical information about the experiment is called the double-blind technique.

**Answer:** False

**230.** In a research study, subtle cues or signals expressed by the researcher that communicate the kind of response or behavior that is expected from the participant are referred to as practice effects.

**Answer:** False

**231.** Any change in performance that results from mere repetition of a task is called a demand characteristic.

**Answer:** False

**232.** The control group (or control condition) is the group of participants who are exposed to all



experimental conditions, except the independent variable or treatment variable, and against which changes in the experimental group are compared.

**Answer:** True

**233.** Participants in the control group receive none of the experimental conditions except the independent variable or treatment variable.

**Answer:** False

**234.** Any change that can be directly attributed to the independent variable after controlling for other possible outcomes is called the main effect.

**Answer:** True

**235.** If an experiment is conducted properly, a control group is unnecessary.

**Answer:** False

**236.** In the Crum and Langer hotel experiment, the participants were selected from the housekeeping staff at seven carefully matched hotels.

**Answer:** True

**237.** In the Crum and Langer hotel experiment, the participants were selected because they were elderly people who believed that their health was "excellent."

**Answer:** False

**238.** The hypothesis in the Crum and Langer hotel experiment was that elderly people who were led to believe that their health was "poor" would have more health problems than those who perceived their health as "excellent."

**Answer:** False

**239.** The hypothesis in the Crum and Langer hotel experiment was that changing a person's beliefs and perceptions about the exercise benefits of a particular activity would result in actual health benefits.

**Answer:** True

**240.** In Crum and Langer's hotel experiment the participants were 84 female housekeeping staff at seven carefully matched hotels.

**Answer:** True

**241.** In Crum and Langer's hotel experiment, the participants were randomly assigned on an individual basis to either the high exercise group or the low exercise group.

**Answer:** False

**242.** The participants in the Crum and Langer hotel experiment, were not individually assigned to the experimental or control group but instead each hotel was randomly assigned to one of the two conditions.

**Answer:** True

**243.** In the Crum and Langer hotel experiment, half the participants were given the health supplement ginkgo biloba and the other half were given a placebo.

**Answer:** False

**244.** In the hotel experiment by Crum and Langer, half the participants were led to believe they were in "poor" physical and mental condition and half were led to believe they were in "excellent" physical and mental condition.

**Answer:** False

**245.** The independent variable in Crum and Langer's hotel experiment was being informed that housekeeping work was good exercise.

**Answer:** True

**246.** The independent variable in Crum and Langer's hotel experiment was being informed that housekeeping work was unhealthy and contributed to health problems.

**Answer:** False

**247.** The participants assigned to the experimental group or condition in Crum and Langer's hotel experiment were informed that their housekeeping work was beneficial exercise.

**Answer:** True

**248.** The participants assigned to the control group or condition in Crum and Langer's hotel experiment were not informed that their housekeeping work was beneficial exercise.

**Answer:** True

**249.** The participants assigned to the control group or condition in Crum and Langer's hotel

experiment were led to believe that housekeeping work was unhealthy and contributed to health problems.

**Answer:** False

**250.** In Crum and Langer's hotel experiment were responses to questionnaires about exercise and diet and measures of physical health constituted the dependent variable.

**Answer:** True

**251.** The dependent variable in the hotel experiment was the degree of improvement in memory and concentration after taking either ginkgo biloba or a placebo.

**Answer:** False

**252.** The dependent measures obtained in Crum and Langer's hotel experiment were questionnaire responses about health and diet and measures of physical health, including weight, percentage of body fat, blood pressure, and body mass index (BMI).

**Answer:** True

**253.** During the month-long hotel experiment conducted by Crum and Langer, hotel management confirmed that the workload of the housekeeping staff remained constant in both conditions throughout the study.

**Answer:** True

**254.** At the conclusion of the Crum and Langer hotel experiment, the "informed" participants were given free memberships in the hotel's fitness club.

**Answer:** False

**255.** At the conclusion of the Crum and Langer hotel experiment, all participants were debriefed, were told about the actual hypothesis, and the purpose of the experiment was explained to them.

**Answer:** True

**256.** The results of the Crum and Langer hotel experiment were that the informed group participants showed significant improvements in all physical health measures except diastolic blood pressure.

**Answer:** True

**257.** Crum and Langer reported that none of the participants benefited from perceiving housekeeping work as exercise, and also that those in the informed group reported higher levels of fatigue

than the uninformed group.

**Answer:** False

**258.** The results of Crum and Langer's hotel experiment were contradicted by the results of correlational research based on a student survey about health, diet, and exercise and personality measures.

**Answer:** False

**259.** The results of Crum and Langer's hotel experiment provided additional support for the idea that people's beliefs and expectations can have a powerful influence.

**Answer:** True

**260.** In combination, the ginkgo biloba experiment and the hotel experiment demonstrate that people's beliefs and expectations can have a significant influence on behavior and well-being.

**Answer:** True

**261.** In combination, the ginkgo biloba experiment and the hotel experiment showed conclusively that taking ginkgo biloba in combination with exercise has proven health benefits.

**Answer:** False

**262.** In accordance with the APA Ethical Guidelines, at the conclusion of the Crum and Langer hotel study, the participants would have been debriefed and the actual hypothesis and procedures involved in the study explained to them.

**Answer:** True

**263.** Crum and Langer formally reported the findings of their hotel experiment about the effect of perceiving work as exercise in *Psychological Science*.

**Answer:** True

**264.** One criticism of Crum and Langer's hotel experiment was that members of the informed group might have engaged in more exercise, eaten healthier foods, and so on after being told about the benefits of exercise even though they reported no changes in their behavior.

**Answer:** True

**265.** Experiments can provide important information, but they also have limitations.

**Answer:** True

**266.** One limitation of the experimental method is that experiments are often conducted in highly controlled laboratory environments and may thus have little to do with actual behavior.

**Answer:** True

**267.** A potential limitation of the experimental method is that experimental results cannot be used to establish a cause-and-effect relationship between two variables.

**Answer:** False

**268.** A disadvantage of the experimental method is that results obtained in an artificial, well-controlled environment may not generalize well to everyday life.

**Answer:** True

**269.** A natural experiment is a study investigating the effects of a naturally occurring event on the research participants.

**Answer:** True

**270.** Students who are enrolled in a psychology class can be forced to participate in experiments and other types of research as part of the course requirements.

**Answer:** False

**271.** The use of deception in psychology experiments has been banned by the American Psychological Association since the 1960s.

**Answer:** False

**272.** If a student is enrolled in a psychology class, then it is unnecessary to obtain an informed consent from the person if he or she is taking part in an experiment that is a requirement of the class.

**Answer:** False

**273.** When a student participates as a research subject to fulfill a course requirement, the student must be given a choice of an alternative activity to fulfill the course requirement.

**Answer:** True

**274.** "Informed consent" in a psychology experiment means that the research participants understand the nature of the study and that they are free to withdraw from the research at any time.

**Answer:** True

- 275.** Researchers adhere to ethical guidelines by allowing students who don't want to participate in an experiment the option of choosing a different activity to fulfill the class requirement or to get extra credit.

**Answer:** True

- 276.** Positron emission tomography (PET) is an invasive imaging technique that provides color-coded images of brain activity by tracking the brain's use of a radioactively tagged compound, such as glucose, oxygen, or other substances.

**Answer:** True

- 277.** A noninvasive technique that produces detailed images of the brain using electromagnetic signals generated by the brain in response to magnetic fields is called magnetic resonance imaging (MRI).

**Answer:** True

- 278.** Transcranial magnetic stimulation (TMS) is one type of brain-imaging technology discussed in Focus on Neuroscience, along with MRI, fMRI, and PET scans.

**Answer:** False

- 279.** Functional magnetic resonance imaging (fMRI) is a noninvasive procedure that produces detailed images of the brain using electromagnetic signals that track changes in metabolic activity. Scans produced by fMRI show moment-by-moment "movies" of the brain's changing activities.

**Answer:** True

- 280.** Magnetic resonance imaging (MRI) is an invasive imaging technique that provides color-coded images of brain activity by tracking the brain's use of a radioactively tagged compound, such as glucose, oxygen, or other substances.

**Answer:** False

- 281.** Brain-imaging techniques, such as PET scans, MRI, and fMRI, provide extremely accurate and detailed images of the brain and have virtually no known limitations.

**Answer:** False

- 282.** Some limitations of brain-imaging studies discussed in Focus on Neuroscience include the fact

that they typically involve a small number of participants and that they tend to focus on simple aspects of behavior.

**Answer:** True

**283.** The idea that brain imaging may add little to explanations of psychological processes and are not necessarily more "scientific" than other approaches psychologists take are two of the limitations listed in Focus on Neuroscience.

**Answer:** True

**284.** Comparative psychology is the branch of psychology that studies the behavior of different animal species.

**Answer:** True

**285.** Comparative psychology studies the behavior of children and adults and compares their differences over the lifespan.

**Answer:** False

**286.** Nonhuman animal subjects are used in the vast majority of psychological studies conducted each year in this country.

**Answer:** False

**287.** Although the American Psychological Association publishes guidelines governing the treatment of humans in psychological research, it does not have similar guidelines governing the use of animals in psychological research.

**Answer:** False

**288.** Apes and monkeys are, by far, the most commonly used nonhuman animals in psychological research in the United States.

**Answer:** False

**289.** Using nonhuman animal subjects in research studies allows psychologists to exert a much higher degree of control over the experimental subjects' environment than when human subjects are involved.

**Answer:** True

**290.** If the research cannot be done with humans, then it is not ethical to use nonhuman animals

either.

**Answer:** False

**291.** If the original source of a professional publication of a study is noted in a television or magazine report, you can be completely confident the findings of the study are valid and accurate.

**Answer:** False

**292.** Anecdotal evidence is one of the strongest forms of scientific evidence.

**Answer:** False

**293.** A common problem in trying to evaluate psychology research presented in the mass media is that reporters often want to boil complex psychological studies down to a 10-second sound bite.

**Answer:** True

**294.** In evaluating psychological research presented in the mass media, it is important to look for the elements of good research design, including control groups, operational definitions of the variables being studied, and randomly assigning participants to the study conditions.

**Answer:** True

**295.** If the words link, association, relationship, or connection appear in the headlines describing a psychological study, most likely the study being described is a correlational study.

**Answer:** True

**296.** In evaluating psychological research presented in the mass media, it is important to remember that the words correlation and causality mean the same thing.

**Answer:** False

**297.** Psychologists Craig Anderson and Karen Dill violated basic research ethics by exposing students to the harmful effects of video games.

**Answer:** False

**298.** Skepticism is the rule, not the exception, in science.

**Answer:** True



**299.** Of the people pictured, who is credited with founding psychology as an experimental science when he/she opened the first psychology research laboratory in 1879?

☐ **A.**



☐ **B.**



☐ **C.**



☐ **D.**



**Answer: B**

**300.** Who is this person and for what is he famous in the early history of psychology?



- ☐ **A.** British-born, American psychologist Edward B. Titchener who founded structuralism, the first major school in psychology
- ☐ **B.** Francis C. Sumner, the American psychologist who chaired Howard University's psychology department, and was the first African American to receive a doctorate in psychology
- ☐ **C.** G. Stanley Hall, the American psychologist who established the first psychology research laboratory in the United States and founded the American Psychological Association
- ☐ **D.** German physiologist Wilhelm Wundt, who established the first psychology research laboratory

**Answer: C**

**301.** Which of the individuals pictured studied with Wilhelm Wundt in Germany and founded the early school of psychology called *structuralism*?

☐ **A.**



☐ B.



☐ C.



☐ D.



**Answer: A**

**302.** Who is this person and for what is he famous in the early history of psychology?



- ☐ A. John B. Watson, American psychologist who founded behaviorism, emphasizing the study of observable behavior and rejecting the study of mental processes
- ☐ B. Austrian physician, Sigmund Freud, founder of an early school of psychological thought called psychoanalysis
- ☐ C. Harvard professor William James, the author of *Principles of Psychology*.
- ☐ D. English naturalist and scientist Charles Darwin, whose theory of evolution through natural selection was published in *On the Origin of Species*

**Answer: C**

**303.** It took him over ten years to write *Principles of Psychology*, which had to be published in two volumes because it was over 1,400 pages long. Which of the individuals pictured was the author of *Principles of Psychology*?

☐ A.



☐ B.



☐ C.



☐ D.



**Answer: C**

**304.** Which of the individuals below wrote *On the Origin of Species*, a book that provided a compelling account of evolution through the mechanism of natural selection?

☐ A.



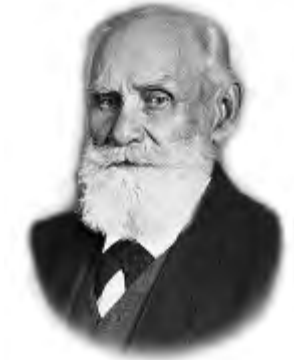
☐ B.



☐ C.



☐ D.



**Answer: C**

**305.** One of the individuals pictured studied under William James at Harvard University and completed all the coursework requirements for a Ph.D. degree in psychology, yet was denied that degree. Who was that person?

☐ A.



☐ B.



☐ C.



☐ D.



**Answer: D**

**306.** Which of the following is one of the reasons that this person is famous in the early history of psychology?



- ☐ A. She was the first African American to earn a Ph.D. in psychology.
- ☐ B. She was the first woman to become president of the American Psychological Association.
- ☐ C. She was the first woman to earn a doctorate in psychology in the United States and published an influential text in 1908 titled *The Animal Mind*.
- ☐ D. She was a key figure in establishing humanistic psychology and developed an influential theory of motivation.

**Answer: B**

**307.** Which of the following is one of the reasons that this person is famous in the early history of psychology?



- ☐ A. She is Margaret Floy Washburn, the first woman to earn a doctorate in psychology.
- ☐ B. She is Renee Descartes, who is famous for proposing a doctrine called interactive dualism, which stated that the mind and body were separate entities that interact to produce conscious experiences.
- ☐ C. She is comparative psychologist Rebecca Snyder, who is famous for her research on giant pandas.
- ☐ D. She is Mary Whiton Calkins, who became the first female president of the American Psychological Association.

**Answer: A**

**308.** Among this person's notable achievements were establishing the first psychology research laboratory in the United States and founding the American Psychological Association. Who was that individual?



☐ A.



☐ B.



☐ C.



☐ D.



**Answer:** D

**309.** This individual is \_\_\_\_\_ and is he best known for \_\_\_\_\_.



- ☐ A. Charles Darwin; writing *On the Origin of Species* and whose theory had a profound influence on the development of psychology
- ☐ B. Edward B. Titchener; becoming the first African American president of Cornell University
- ☐ C. Abraham Maslow; founding and developing humanistic psychology
- ☐ D. Francis C. Sumner; studying under G. Stanley Hall and being the first African American to earn a Ph.D. in psychology

**Answer: D**

**310.** One of the individuals pictured wrote a text titled *The Animal Mind* and advocated the scientific study of the mental processes of different animal species. Who was that person?

☐ A.



☐ B.



☐ C.



☐ D.



**Answer: D**

**311.** Who is this person and for what is he famous in the early history of psychology?



- ☐ A. G. Stanley Hall, who helped organize psychology in the United States and founded the American Psychological Association
- ☐ B. Carl Maslow, the American psychologist who founded humanistic psychology
- ☐ C. B.F. Skinner, American psychologist and leading proponent of behaviorism
- ☐ D. Sigmund Freud, the Austrian physician who developed a theory of personality called psychoanalysis

**Answer: D**

**312.** Three of the individuals pictured played key roles in establishing the approach to psychology

called *behaviorism*. Which person was NOT involved in establishing behaviorism?

☐ A.



☐ B.



☐ C.



☐ D.



**Answer: D**

**313.** Which of the following is the correct combination of names?

1.



2.



3.



- ☐ A. 1 = Freud, 2 = Sumner, 3 = Calkins
- ☐ B. 1 = James, 2 = Wundt, 3 = Watson
- ☐ C. 1 = Titchener, 2 = Washburn, 3 = Sumner
- ☐ D. 1 = James, 2 = Washburn, 3 = Skinner

**Answer:** B

**314.** Identify the person who said: "Behaviorism, on the contrary, holds that the subject matter of human psychology *is the behavior of the human being*. Behaviorism claims that consciousness is neither a definite nor a usable concept. The behaviorist, who has been trained always as an experimentalist, holds, further, that belief in the existence of consciousness goes back to the ancient days of superstition and magic."

☐ A.



☐ B.



☐ C.



☐ D.



**Answer: A**

**315.** One of the individuals pictured played a key role in establishing the approach called humanistic psychology, which emphasized each person's unique potential for psychological growth and self-direction. Who was that person?

☐ **A.**



☐ **B.**



☐ **C.**



☐ D.



**Answer: C**

**316.** Which of the following individuals was influential in establishing humanistic psychology and developing a theory of motivation that emphasized psychological growth?

☐ A.



☐ B.





☐ C.



☐ D.



**Answer: A**

**317.** Who is this person, and what is she doing?



- ☐ A. comparative psychologist Rebecca Snyder studying the behavior of giant pandas
- ☐ B. American psychologist Mary Whiton Calkins conducting research on memory and personality in her laboratory at Wellesley College
- ☐ C. comparative psychologist Margaret Floy Washburn recording the behavior and mental processes of non-human animals
- ☐ D. American psychologist Francis C. Sumner conducting research on the negative effects of discrimination in her laboratory at Howard University

**Answer: A**