

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 1) According to the text, psychology is defined as the: 1) \_\_\_\_\_
- A) study of personality.
  - B) study of people's subjective mental lives.
  - C) examination of unconscious factors.
  - D) study of behaviour and the mind.

Answer: D

- 2) When using the term "behaviour," psychologists mean: 2) \_\_\_\_\_
- A) overt actions, inner mental processes, or physiological reactions.
  - B) overt actions and inner mental processes such as thoughts and feelings.
  - C) overt actions and physiological reactions.
  - D) overt actions that can be directly observed.

Answer: D

- 3) Alex is friendly and outgoing, always having a kind word for everyone. Through observing his behaviour, we can make inferences about his \_\_\_\_\_. 3) \_\_\_\_\_
- A) internal state
  - B) future thoughts
  - C) mental processes
  - D) external responses

Answer: A

- 4) Karen is interested in how the presence of other people influences an individual's performance on cognitive tasks, like written tests, compared to motor tasks, like jump rope. Karen's research would likely fall into which subfield of psychology? 4) \_\_\_\_\_
- A) Social
  - B) Experimental
  - C) Cognitive
  - D) Personality

Answer: A

- 5) Which level of analysis would someone in the subfield of personality psychology tend to take? 5) \_\_\_\_\_
- A) psychological level
  - B) structural level
  - C) environmental level
  - D) biological level

Answer: A

- 6) Which of the following statements about basic and applied research is true? 6) \_\_\_\_\_
- A) Basic research is done to solve practical problems while applied research is done simply to increase knowledge.
  - B) Basic research is done simply to increase knowledge while applied research is done to solve practical problems.
  - C) Basic research is less complex and less sophisticated than applied research.
  - D) Basic research and applied research have the same goals but are completed by different researchers.

Answer: B

- 7) Dr. Adams is a psychologist who works in the area of animal behaviour. She has a particular interest in crows, and her research is mostly aimed at gaining more information about the behaviours of these birds, such as their mating habits, eating rituals, and so on. Dr. Adams's research is best described as: 7) \_\_\_\_\_
- A) interaction research.
  - B) applied research.
  - C) basic research.
  - D) insight research.

Answer: C

- 8) Dr. Kohler is a developmental psychologist who studies children involved in sports. He looks at problems like overly critical coaches and children with low self-esteem. He conducts research where coaches are observed during games and children are interviewed about their attitudes towards their sport and their coaches. The results from these observations are then used to create an education program for the coaches. The programs are designed to change coaching behaviour and to help increase the self-esteem of the children they coach. Dr. Kohler's research is best described as: 8) \_\_\_\_\_
- A) insight research.
  - B) interaction research.
  - C) applied research.
  - D) basic research.

Answer: C

- 9) Researchers studying human memory have participants memorize lists of words. These researchers then record how many of the words the participants accurately remember after the passage of time and exposure to new information. When an eyewitness to a crime identifies an attacker in court, lawyers might illustrate the limits of memory by using this type of research: 9) \_\_\_\_\_
- A) practical
  - B) basic
  - C) elementary
  - D) applied

Answer: B

- 10) Mary was driving on a dark and stormy night. She was unable to read a hidden traffic sign and she ran off the road and crashed into a street light. Two scientists are called as experts to testify in her defence. Scientist 1, who does research on how vision works, explained the limits of a person's ability to process visual information. Scientist 2, who does research on factors that contribute to car accidents, focused on the circumstances surrounding the accident, like the driver's state of mind and the limited visibility of the sign. Both scientists are using research in defence of the driver. Scientist 1 uses \_\_\_\_\_ research and Scientist 2 uses \_\_\_\_\_ research. 10) \_\_\_\_\_

- A) observable; tested  
B) applied; basic  
C) basic; applied  
D) proven; circumstantial

Answer: C

- 11) Research on memory processes shows us that when tested on a recently learned word list, the majority of people will recall the words at the end of the list at a higher rate than the words in the middle of the list. This "recency effect" can be eliminated by involving the participants in a task that stops them from rehearsing the words. Using this principle, before Dr. Brown gives an exam, she asks that all books and notes be put away and then takes time to prevent the "recency effect" by giving the instructions for the exam, the grading procedures, and next week's lesson topic before allowing students to begin the exam. In this case, Dr. Brown is: 11) \_\_\_\_\_

- A) collecting applied research data in her class.  
B) relying on students' short-term memory to help them out.  
C) increasing the chance that students will cheat.  
D) applying basic research principles in her course.

Answer: D

- 12) In the 1960s, psychologists conducted a study at a summer camp for 11-year old boys. The "Robbers Cave" study showed that conflict between groups could be decreased by making the groups dependent upon one another to cooperate. This experiment is considered to be an example of which type of research? 12) \_\_\_\_\_

- A) interaction research  
B) basic research  
C) insight research  
D) applied research

Answer: B

- 13) Systematic empiricism is a defining feature of: 13) \_\_\_\_\_
- A) folk wisdom  
B) science  
C) basic research  
D) applied research

Answer: B

- 14) Which of the following is NOT true of science? 14) \_\_\_\_\_
- A) Science involves systematic empiricism.  
B) Science is a public affair.  
C) There are some questions that science cannot answer.  
D) Those using science avoid common pitfalls such as the confirmation bias.

Answer: D

- 15) Dr. Smith is a psychologist who is interested in studying aggression in sports. For her research, she attends high school basketball games and records the number of aggressive acts she observes. Dr. Smith's research is best viewed as meeting psychology's basic goal of \_\_\_\_\_. 15) \_\_\_\_\_

A) understanding      B) prediction      C) control      D) description

Answer: D

- 16) Dr. Forman is a school psychologist who has been asked to observe a disruptive student. After her observation, she writes, "Bobby appeared to have a great deal of difficulty listening to the lessons being taught. He had particular difficulty with the math lesson, and began distracting the students who were sitting next to him by pinching and hitting them." Dr. Forman's observations are most consistent with which goal of psychology? 16) \_\_\_\_\_

A) prediction      B) control      C) understanding      D) description

Answer: D

- 17) Steve has been feeling depressed lately and decides to visit a psychologist, Dr. Katz, for some assistance. After learning that Steve's relationship with his girlfriend recently ended, Dr. Katz begins to think that perhaps Steve's depression has been caused by this recently ended relationship. Dr. Katz's speculations are most similar to which goal of psychology? 17) \_\_\_\_\_

A) description      B) control      C) understanding      D) prediction

Answer: C

- 18) Susan is attending a seminar on stress management. The psychologist leading the seminar states that, "most stress is caused by irrational thinking and the negative ways that we judge various situations." The psychologist's comment most closely resembles which goal of psychology? 18) \_\_\_\_\_

A) understanding      B) description      C) control      D) prediction

Answer: A

- 19) While driving home one day, Abdul is in a serious car accident. Several weeks later, he notices that he is still feeling very tense and anxious. He consults with a psychologist, who informs him that it is common for people who have been in a serious accident to have these kinds of feelings. The psychologist goes on to say that often people also have bad dreams and re-experience the trauma, and that Abdul shouldn't be surprised if this happens. The psychologist's comments are most similar to which goal of psychology? 19) \_\_\_\_\_

A) control      B) understanding      C) description      D) prediction

Answer: D

- 20) Dr. Harris has created an academic performance enhancement program designed to help children who are struggling in school. Results from his research reveal that the program is effective at improving children's grades. Dr. Harris's work is most consistent with which goal of psychology? 20) \_\_\_\_\_

A) prediction      B) understanding      C) description      D) control

Answer: D

- 21) In many eyewitness studies, researchers carefully observe the "victim's" behaviour under various conditions. The presence of a weapon appears to decrease eyewitness accuracy in identifying the perpetrator. To test whether or not this is true, researchers re-enact a robbery both with and without a gun. People viewing the robbery where a gun was used were far less accurate in their description of the robber. This knowledge has been used in courtroom cases, often discrediting eyewitness testimony. In this case, the idea that the presence of a weapon decreases eyewitness accuracy, corresponds to which of the basic goals of psychology? 21) \_\_\_\_\_
- A) understanding      B) application      C) prediction      D) description
- Answer: C
- 22) In the Jumbled-Word Challenge example in the textbook, the claim is made that the research was conducted at Cambridge but no reference information is provided. This is an illustration of which thinking critically step offered in evaluating the research? 22) \_\_\_\_\_
- A) What's the claim?  
B) Who is making the claim?  
C) What is the most appropriate conclusion?  
D) What's the evidence and how good is it?
- Answer: D
- 23) Industrial-organizational psychology would be an example of what type of research? 23) \_\_\_\_\_
- A) applied      B) correlational      C) basic      D) experimental
- Answer: A
- 24) In the 1960s, psychologists conducted a study at a summer camp for 11-year old boys. These researchers in the "Robbers Cave" experiment thought that if they created conditions in which the two groups of boys had to cooperate, then there would be less hostility between the groups. The "Robbers Cave" study showed that conflict between groups could be decreased by making the groups dependent upon one another to cooperate. This finding is an illustration of which goal of psychology? 24) \_\_\_\_\_
- A) description      B) control      C) understanding      D) prediction
- Answer: D
- 25) In the 1960s, psychologists conducted a study at a summer camp for 11-year old boys. Researchers in the Robbers Cave experiment altered the conditions so that they were able to both increase group hostility (with competition) and decrease group hostility (with cooperation). Through altering these conditions, the psychologists were demonstrating this goal of psychology: 25) \_\_\_\_\_
- A) description      B) control      C) prediction      D) understanding
- Answer: B

- 26) Charles Whitman was a mass murderer with no previous history of violence. After Charles Whitman committed several murders and suicide, an autopsy revealed that he had a malignant tumour in an area of the brain associated with aggression. Psychologists who cite this fact in an attempt to explain what happened are focused on which level of analysis? 26) \_\_\_\_\_
- A) biological  
B) psychological  
C) environmental  
D) structural
- Answer: A
- 27) Charles Whitman was a mass murderer with no previous history of violence. In an attempt to explain his violent behaviour, a psychologist points to Whitman's recent stressful life events and to the way that violence is often reinforced and glorified in today's society. This psychologist's explanation is most compatible with which level of analysis? 27) \_\_\_\_\_
- A) biological  
B) structural  
C) psychological  
D) environmental
- Answer: D
- 28) When considering the mind-body problem, some philosophers argue that the mind is a separate entity from the body and is not subject to the same physical laws as the body. These individuals would belong to which philosophical position? 28) \_\_\_\_\_
- A) dualism  
B) structuralism  
C) monism  
D) functionalism
- Answer: A
- 29) A central belief of the dualism position is that it suggests: 29) \_\_\_\_\_
- A) the mind should be studied by examining its individual components.  
B) the mind and body are essentially one.  
C) studying the body won't tell us anything about the mind.  
D) studying the body will enable us to learn more about the mind.
- Answer: C
- 30) Monism is a belief that: 30) \_\_\_\_\_
- A) research on the body cannot solve the mysteries of the mind.  
B) the mind is not subject to the physical laws of the body.  
C) mental events are a product of physical events in the brain.  
D) the mind is separate from the body.
- Answer: C
- 31) When considering the mind-body problem, ancient philosophers who argued that the mind is not separate from the body belonged to which philosophical position? 31) \_\_\_\_\_
- A) dualism  
B) structuralism  
C) monism  
D) functionalism
- Answer: C

32) The statement, "answers to the great questions of psychology will ultimately be found in 'physiology' All behaviour, all experience, all feeling, indeed all the subject matter of psychology, are nothing more than the outcomes of the activity of the nervous system" is most consistent with the following view: 32) \_\_\_\_\_

- A) functionalism.
- B) dualism.
- C) structuralism.
- D) monism.

Answer: D

33) British empiricism could be considered as an example of: 33) \_\_\_\_\_

- A) monism.
- B) functionalism.
- C) dualism.
- D) structuralism.

Answer: A

34) The method of introspection was developed by which school of thought? 34) \_\_\_\_\_

- A) functionalism
- B) structuralism
- C) psychoanalysis
- D) dualism

Answer: B

35) Early researchers in psychology who believed that the mind could be studied by breaking it down into its basic components as a chemist might break down a complex chemical compound followed which school of thought? 35) \_\_\_\_\_

- A) functionalism
- B) structuralism
- C) dualism
- D) psychoanalysis

Answer: B

36) Early studies on brain mechanisms in learning in biological psychology were conducted by Franz and Lashley. When studying animals, Franz and Lashley detected a \_\_\_\_\_ correlation between loss of cortex and loss of function. 36) \_\_\_\_\_

- A) negative
- B) no
- C) normal
- D) positive

Answer: B

37) When Franz and Lashley removed most of a rat's cortex they found that: 37) \_\_\_\_\_

- A) the rat could no longer function.
- B) the rat could only eat and drink.
- C) the rat could only do certain tasks.
- D) the rat had no problem functioning.

Answer: D

38) The following is an important technical advancement in the study of the relationship between the brain and behaviour: 38) \_\_\_\_\_

- A) cellular recording device.
- B) computerized dynamic posturography.
- C) the functional magnetic resonance imaging (fMRI).
- D) the X-ray.

Answer: C

- 39) The study of how behavioural tendencies are influenced by genetic factors is known as the field of: 39) \_\_\_\_\_
- A) evolutionary psychology. B) sociobiology.  
C) behaviour genetics. D) behavioural neuroscience.
- Answer: C
- 40) Evolutionary theory assumes that individuals who receive a competitive advantage from inherited traits will be more likely to survive, reproduce, and thus pass on these adaptive traits to future generations. This process is known as: 40) \_\_\_\_\_
- A) natural selection. B) natural extinction.  
C) natural survival. D) natural endurance.
- Answer: A
- 41) Which of the following is most consistent with evolutionary psychology? 41) \_\_\_\_\_
- A) An organism's biology determines whether it will survive or not; behaviour does not determine survival.  
B) An organism's behaviour determines its biological capabilities.  
C) An organism's biology and behaviour are determined by the environment.  
D) An organism's biology determines its behavioural capabilities, and its behaviour then determines whether it will survive or not.
- Answer: D
- 42) Some individuals believe that complex social behaviours can be influenced by evolution. They also believe that natural selection favours behaviours that increase the chances that certain genes will be passed on to the next generation. These individuals are associated with: 42) \_\_\_\_\_
- A) psychoanalysis. B) sociobiology.  
C) behaviourism. D) behaviour genetics.
- Answer: B
- 43) The Canadian sociobiologists Daly and Wilson noted that females make a greater investment in the reproductive process. Which of the following statements does **NOT** support their statement? 43) \_\_\_\_\_
- A) In Canada, women tend to be the primary caregiver after divorce.  
B) Women have a greater health risk during pregnancy and delivery than males have.  
C) In Canada, women contribute a greater proportion of the financial earning to meeting family expenses than men do.  
D) Women have less opportunity to reproduce than males have.
- Answer: C



- 44) What criticism has been made **AGAINST** the sociobiological theory of evolution? 44) \_\_\_\_\_
- A) It places too much emphasis on early childhood and unconscious factors.
  - B) It overemphasizes cultural and social learning factors at the expense of innate biological factors.
  - C) It overemphasizes innate biological factors at the expense of cultural and social learning factors.
  - D) It places too much emphasis on the role of thinking, planning, and reasoning.
- Answer: C
- 45) Sometimes parents will sacrifice their own lives in order to ensure the survival of their children. An individual who associates with the sociobiological view would argue that these instances: 45) \_\_\_\_\_
- A) occur because of the reinforcement of altruistic behaviour by culture and society.
  - B) are due to the conflict between unconscious psychological forces and psychological defences.
  - C) are due to a cost benefit analysis by the parent.
  - D) occur because genetic survival is more important than individual survival.
- Answer: D
- 46) The fields of sociobiology and evolutionary psychology are example of which psychological perspective? 46) \_\_\_\_\_
- A) biological
  - B) cognitive
  - C) behavioural
  - D) sociocultural
- Answer: A
- 47) The scientific study of the influence of genetic factors on behavioural tendencies is called: 47) \_\_\_\_\_
- A) behaviour genetics.
  - B) sociogenetics.
  - C) genetic behaviourism.
  - D) sociobiology.
- Answer: A
- 48) Behaviour geneticists use which of the following methods to address the role of genetic factors in behaviour? 48) \_\_\_\_\_
- A) autobiographical journaling.
  - B) psychological interviews.
  - C) selective animal breeding.
  - D) brain-imaging techniques.
- Answer: C
- 49) Behaviour geneticists use which of the following research methods to investigate the role of genetic factors in behaviour? 49) \_\_\_\_\_
- A) twin studies
  - B) simulation methods
  - C) ethnography
  - D) narrative inquiry
- Answer: A

- 50) A psychologist who assumes that humans process information, plan and solve problems in a way that is similar to computers would most likely associate with which psychological perspective? 50) \_\_\_\_\_  
A) biological B) cognitive  
C) psychodynamic D) behavioural  
Answer: B
- 51) Structuralism, functionalism, and Gestalt psychology were all schools of thought that played important roles in the origin of which psychological perspective? 51) \_\_\_\_\_  
A) humanistic B) cognitive C) behavioural D) sociocultural  
Answer: B
- 52) When Gary lost his job, he became depressed and started binge-eating. Gary started to seek help from a therapist. To his surprise, the therapist was not at all interested in Gary's relationship with his mother, his family history, or anything about Gary's past. Instead, Dr. Lee focuses on what Gary is currently thinking and how he interprets those thoughts. Dr. Lee conducts therapy from what type of perspective? 52) \_\_\_\_\_  
A) humanistic B) behaviourist  
C) psychoanalytic D) cognitive  
Answer: D
- 53) Who founded the first laboratory of experimental psychology in 1879? 53) \_\_\_\_\_  
A) Wolfgang Kohler B) William James  
C) Wilhelm Wundt D) Edward Titchener  
Answer: C
- 54) A method of analyzing and studying the mind in terms of its basic elements is known as: 54) \_\_\_\_\_  
A) functionalism. B) structuralism.  
C) insight psychology. D) Gestalt psychology.  
Answer: B
- 55) Wilhelm Wundt and Edward Titchener both believed that the mind could be studied by breaking it down into its essential components. The approach that Wundt and Titchener espoused was known as: 55) \_\_\_\_\_  
A) Functionalism. B) Insight psychology.  
C) Gestalt psychology. D) Structuralism.  
Answer: D
- 56) Researchers who believed in the structuralism school of psychological thought studied sensations through which method? 56) \_\_\_\_\_  
A) repression analysis B) insight  
C) introspection D) monitoring brain activity  
Answer: C

- 57) While structuralists held that psychology should study the basic elements of consciousness, functionalists argued that psychology should concentrate on: 57) \_\_\_\_\_  
A) how the elements of consciousness are organized into holistic thinking.  
B) the reasons behind consciousness.  
C) the innate human drive to grow and actualize.  
D) unconscious motivating factors.  
Answer: B
- 58) Which approach to psychology is concerned with how elements of experience are organized into wholes? 58) \_\_\_\_\_  
A) Gestalt psychology  
B) Functionalism  
C) Structuralism  
D) Sociobiology  
Answer: A
- 59) The statement, "the whole is greater than, and often very different from, the sum of its parts," is most likely from which school of psychology? 59) \_\_\_\_\_  
A) Functionalism  
B) Evolutionary Psychology  
C) Gestalt psychology  
D) Structuralism  
Answer: C
- 60) William James helped develop which school of thought? 60) \_\_\_\_\_  
A) structuralism  
B) Gestalt psychology  
C) functionalism  
D) psychodynamic perspective  
Answer: C
- 61) Some of the ideas from functionalism live on in what more modern approach to psychology? 61) \_\_\_\_\_  
A) sociocultural approach  
B) humanist  
C) behaviourism  
D) evolutionary psychology  
Answer: D
- 62) Which of the following was NOT provided in the textbook as influential in starting the cognitive revolution? 62) \_\_\_\_\_  
A) psychologists designing information displays during World War II for the military  
B) the development of the computer  
C) the debate about how children acquire language  
D) research on eye witness testimony and the distortion of memory  
Answer: D
- 63) Jean Piaget and Noam Chomsky were mentioned as theorists who have had a strong impact on which psychological perspective? 63) \_\_\_\_\_  
A) psychodynamic  
B) cognitive  
C) behavioural  
D) sociocultural  
Answer: B

- 64) Professor Jean Piaget is best known for his research in which area? 64) \_\_\_\_\_  
A) evolutionary psychology  
B) his work on artificial intelligence  
C) how irrational thought patterns contribute to emotional problems  
D) the cognitive development of children  
Answer: D
- 65) When did the cognitive revolution occur? 65) \_\_\_\_\_  
A) 1920s and 1930s  
B) 1980s  
C) 1950s  
D) 1960s and 1970s  
Answer: D
- 66) Research on perceptual illusions provides evidence that the mind perceives elements as a meaningful whole, a position advocated for by: 66) \_\_\_\_\_  
A) psychodynamic perspective  
B) behaviourism  
C) Gestalt psychology  
D) structuralism  
Answer: C
- 67) A researcher is interested in exploring the nature of attention and consciousness as well as how unconscious processes influence behaviour. This researcher takes what type of perspective in the study of psychology? 67) \_\_\_\_\_  
A) cognitive  
B) psychodynamic  
C) behaviourist  
D) functionalist  
Answer: A
- 68) Senara is conducting a study on how stress can influence problem-solving by manipulating the amount of time and the level of difficulty of the problems to solve. Which perspective is Senara taking to the study of psychology? 68) \_\_\_\_\_  
A) psychodynamic  
B) cognitive  
C) behaviourist  
D) humanist  
Answer: B
- 69) Researchers who are interested in developing complex computer models of human thought, reasoning, and problem solving would most likely be taking which perspective? 69) \_\_\_\_\_  
A) cognitive  
B) humanist  
C) behaviourism  
D) social constructivism  
Answer: A
- 70) A psychological researcher states that we will greatly enhance our understanding of how humans think if we are able to simulate or duplicate human cognitive processes using computers. This researcher is most likely working from which perspective? 70) \_\_\_\_\_  
A) sociobiology  
B) psychodynamic  
C) behaviourism  
D) cognitive  
Answer: D

- 71) What level of analysis does the cognitive perspective usually take? 71) \_\_\_\_\_  
A) psychological B) biological  
C) sociocultural D) environmental  
Answer: A
- 72) What level of analysis does the behaviourist perspective usually take? 72) \_\_\_\_\_  
A) psychological B) biological  
C) environmental D) sociocultural  
Answer: C
- 73) A particular research lab uses advanced electrical recording and brain-imaging tools to monitor brain functioning while people engage in various mental activities. Researchers in this lab are most likely doing investigations in which area of modern cognitive science? 73) \_\_\_\_\_  
A) artificial intelligence B) behaviour modification  
C) cognitive behaviourism D) cognitive neuroscience  
Answer: D
- 74) The research area of cognitive neuroscience represents a combination of which two psychological perspectives? 74) \_\_\_\_\_  
A) behavioural and cognitive behaviourism  
B) behavioural and cognitive  
C) biological and cognitive  
D) biological and behavioural  
Answer: C
- 75) What level of analysis does the psychodynamic perspective usually take? 75) \_\_\_\_\_  
A) environmental B) sociocultural  
C) psychological D) biological  
Answer: C
- 76) A researcher is interested in whether or not gender or social status might influence the way an individual communicates with others. This researcher is taking which perspective to the study of psychology? 76) \_\_\_\_\_  
A) cognitive behaviourism B) sociocultural  
C) behaviourism D) cognitive  
Answer: B
- 77) Rules that specify what behaviour is acceptable and expected, such as how to dress or how to respond to someone of higher status, are known as: 77) \_\_\_\_\_  
A) standards B) collectivism C) gestalts D) norms  
Answer: D

78) Sharon is constantly talking, whether it is face-to-face, on the phone, or even to herself. Sharon is unaware of her excessive talking, which according to Freud's psychodynamic perspective means: 78) \_\_\_\_\_

- A) she is unable to stop the excessive talking behaviour.
- B) the causes of her behaviour must be conscious.
- C) the causes of her behaviour must be unconscious.
- D) she has an uncontrollable urge to communicate.

Answer: C

79) Which psychological perspective stresses the role of unconscious processes and unresolved conflicts from the past? 79) \_\_\_\_\_

- A) sociocultural
- B) behavioural
- C) psychodynamic
- D) cognitive

Answer: C

80) The psychodynamic perspective emphasizes all of the following causal factors **EXCEPT**: 80) \_\_\_\_\_

- A) unresolved conflicts.
- B) unconscious processes.
- C) developmental stages.
- D) early childhood experiences.

Answer: C

81) Sigmund Freud based some of his psychoanalytic theory on his investigation of which psychological disorder? 81) \_\_\_\_\_

- A) phobias
- B) multiple personality disorder
- C) depression
- D) panic disorder

Answer: A

82) Which technique did Sigmund Freud use to treat his patients? 82) \_\_\_\_\_

- A) free association
- B) graded exposure
- C) behaviour modification
- D) introspection

Answer: A

83) What common childhood factor was consistently reported by Sigmund Freud's patients? 83) \_\_\_\_\_

- A) They reported painful and forgotten sexual experiences.
- B) They reported that their mothers had also suffered from hysteria.
- C) They reported struggling academically in elementary school.
- D) They reported suffering from childhood anxiety and depression.

Answer: A

- 84) Sigmund Freud believed in the importance of unconscious and childhood experience factors. He based his beliefs on all of the following observations **EXCEPT**: 84) \_\_\_\_\_
- A) His patients consistently reported childhood memories of a sexual nature.
  - B) He noticed how people often engaged in habitual activities with little conscious awareness.
  - C) He noticed that individuals use defence mechanisms to help cope with anxiety.
  - D) His patients often improved after "reliving" previously forgotten memories of childhood sexual abuse.
- Answer: B
- 85) The psychological defence mechanism that protects people from anxiety by keeping anxiety-producing thoughts, feelings, memories, and impulses in the unconscious is called: 85) \_\_\_\_\_
- A) insight.
  - B) repression.
  - C) hysteria.
  - D) rehearsal.
- Answer: B
- 86) Sigmund Freud speculated that people are afraid to acknowledge their sexual desires because these desires are: 86) \_\_\_\_\_
- A) uncontrollable and inherently frightening.
  - B) punished during childhood.
  - C) produced by innate aggressive impulses.
  - D) unconsciously associated with instincts.
- Answer: B
- 87) Sigmund Freud assumed that humans are in a never-ending internal struggle because of the continuous conflict between: 87) \_\_\_\_\_
- A) internal impulses and defences.
  - B) people and their environments.
  - C) internal impulses and the environments.
  - D) repression and defences.
- Answer: A
- 88) Sigmund Freud assumed that humans are in a never-ending internal struggle because of: 88) \_\_\_\_\_
- A) conflicts between various irrational thoughts that people think.
  - B) neurological imbalances that are inherent in the human mind.
  - C) the continuous conflict between internal impulses and defences.
  - D) the conflicting reinforcement and punishment we receive from our environment.
- Answer: C
- 89) A major criticism of Sigmund Freud's theory of psychoanalysis is that: 89) \_\_\_\_\_
- A) it did little to stimulate the development of new psychological theories.
  - B) it did not distinguish between impulses and defences.
  - C) it is difficult to validate because many of its concepts are difficult to measure.
  - D) it was not comprehensive enough to explain human behaviour.
- Answer: C

90) Steve is angry and frustrated at work. He consults with a therapist who asks Steve many detailed questions about his early childhood and interprets Steve's problems as being due to conflicts between his unconscious aggressive urges and his defence mechanisms. Steve's therapist would most likely identify with which psychological perspective? 90) \_\_\_\_\_

- A) psychodynamic
- B) cognitive
- C) sociocultural
- D) behavioural

Answer: A

91) When examining the many recent examples of violence in different cultures and around the world, a psychologist explains this is due to human beings' innate aggressive impulses. In order to reduce or eliminate this problem, this psychologist believes that we need to teach people techniques that will allow them to more effectively manage or redirect this aggressive energy. This psychologist most likely adheres to which psychological perspective? 91) \_\_\_\_\_

- A) sociocultural
- B) humanistic
- C) biological
- D) psychodynamic

Answer: D

92) The psychological perspective that focuses on the role of the external environment in influencing and affecting our actions is called the: 92) \_\_\_\_\_

- A) behavioural perspective.
- B) cognitive perspective.
- C) psychodynamic perspective.
- D) humanistic perspective.

Answer: A

93) In psychology, the behavioural perspective was influenced by which philosophical perspective? 93) \_\_\_\_\_

- A) British empiricism
- B) dualism
- C) functionalism
- D) structuralism

Answer: A

94) The notion of "tabula rasa" is most consistent with which of the following statements? 94) \_\_\_\_\_

- A) Our innate drive to self-actualize determines most of our behaviour.
- B) Unconscious forces determine most of our behaviour.
- C) Biology and genetics determine most of our behaviour.
- D) The environment determines most of our behaviour.

Answer: D

95) A psychologist is being interviewed on a local news program regarding the recent problems with school violence. The psychologist suggests that we need to change the environments in which our children are being raised by reinforcing the behaviours we would like to see our children demonstrate. This psychologist is most likely associated with which psychological perspective? 95) \_\_\_\_\_

- A) behavioural
- B) humanistic
- C) cognitive
- D) psychodynamic

Answer: A



- 96) Pavlov's research with dogs learning to salivate to a tone that had been paired with food helped lead to the development of which perspective? 96) \_\_\_\_\_
- A) Psychodynamic. B) Behaviourism.  
C) Cognitive. D) Humanism.

Answer: B

- 97) A psychologist who believes that the focus of psychology is not inner mental events but observable actions is most likely associated with which psychological perspective? 97) \_\_\_\_\_
- A) behavioural B) sociocultural C) cognitive D) biological

Answer: A

- 98) A researcher who is interested in discovering the common principles that influence human and animal learning is most likely associated with which psychological perspective? 98) \_\_\_\_\_
- A) humanistic B) psychodynamic  
C) behavioural D) cognitive

Answer: C

- 99) It has been said that no two children receive the same parenting as parents respond to and treat each child differently. Watson and Skinner would probably agree with this statement because \_\_\_\_\_. 99) \_\_\_\_\_
- A) siblings exhibit similarities learned from their parents  
B) one's environment changes based on one's responses to it  
C) one's environment changes based on parents' responses  
D) siblings exhibit differences learned from their parents

Answer: B

- 100) The perspective that emphasizes the environmental control of actions through learning is known as: 100) \_\_\_\_\_
- A) constructivism. B) humanism.  
C) behaviourism. D) psychodynamic.

Answer: C

- 101) The statement, "a person does not act upon the world, the world acts upon the person," would most likely have been said by: 101) \_\_\_\_\_
- A) Carl Rogers. B) Aaron Beck.  
C) B.F. Skinner. D) Sigmund Freud.

Answer: C

- 102) Behaviourism gave rise to a set of behaviour change techniques that were known as: 102) \_\_\_\_\_
- A) behaviour enhancement. B) behaviour creation.  
C) behaviour modification. D) behaviour design.

Answer: C

- 103) A psychologist who acknowledges the importance of both the environment and internal thoughts in determining human behaviour would likely be associated with which of the following perspectives of psychology? 103) \_\_\_\_\_
- A) cognitive behaviourism                      B) evolutionary biology  
C) sociocultural                                  D) behavioural

Answer: A

- 104) Susan is having trouble with anxiety and is working with a therapist to address this problem. As part of her treatment, the therapist teaches Susan how to change her anxiety-provoking thoughts and how to change her environment so that it reinforces the positive behaviours she wants to practice. Susan's therapist is most likely associated with which area of psychology? 104) \_\_\_\_\_
- A) sociocultural                                  B) psychodynamic  
C) cognitive behaviourism                      D) humanistic

Answer: C

- 105) The perspective that acknowledges the importance of the environment and internal mental processes in determining behaviour is called: 105) \_\_\_\_\_
- A) cognitive behaviourism.                      B) psychodynamic.  
C) sociocultural.                                  D) environmental.

Answer: A

- 106) The psychological perspective that arose from the philosophical roots that emphasized free will, innate tendencies to work towards personal growth, and the attempt to find meaning in personal existence is called: 106) \_\_\_\_\_
- A) humanistic                      B) behavioural                      C) sociocultural                      D) cognitive

Answer: A

- 107) Humanistic theorists assume that everyone has an innate tendency towards personal growth and achieving one's individual potential. This concept is called: 107) \_\_\_\_\_
- A) self-realization.                                  B) self-actualization.  
C) self-confidence.                                  D) self-esteem.

Answer: B

- 108) The humanistic and behavioural perspectives are similar in that: 108) \_\_\_\_\_
- A) both focus on unconscious factors.  
B) both acknowledge the importance of aggressive impulses.  
C) both acknowledge the importance of the environment.  
D) both assume that human nature is essentially good.

Answer: C

- 109) Jerry and his psychologist often discuss how Jerry finds personal meaning in his life. The psychologist also focuses on the power of choice and free will. This psychologist most likely believes in which psychological perspective? 109) \_\_\_\_\_
- A) biological  
B) humanistic  
C) behavioural  
D) psychodynamic

Answer: B

- 110) The psychodynamic and humanistic perspectives are similar in that both acknowledge the importance of: 110) \_\_\_\_\_
- A) culture shaping individual choices.  
B) the unconscious determinants of behaviour.  
C) internal personality processes.  
D) biology in determining growth and development.

Answer: C

- 111) In response to the psychodynamic and behavioural perspectives, the humanistic movement believes that: 111) \_\_\_\_\_
- A) personality development is controlled by the individual.  
B) personality development characteristics are predetermined.  
C) personality development cannot be influenced by the environment or early childhood experiences.  
D) personality development is not controlled by the individual.

Answer: A

- 112) Keri has always had a strong desire to paint. Her parents insist she go to college rather than the art school she wishes to attend. Her therapist, who is aligned with the humanistic perspective believes: 112) \_\_\_\_\_
- A) Keri will become frustrated with college and not be able to fulfill herself.  
B) Keri will learn to appreciate a more lucrative career path in college.  
C) Keri will forget about painting and learn a new skill as she experiences new things.  
D) Keri will be successful in college and will appreciate her parents' advice.

Answer: A

- 113) Positive psychology is an outgrowth from which perspective? 113) \_\_\_\_\_
- A) cognitive  
B) humanist  
C) sociocultural  
D) psychodynamic

Answer: B

- 114) The psychological perspective that focuses on the diversity of societies and how customs are transmitted to its members is called: 114) \_\_\_\_\_
- A) biological.  
B) sociocultural.  
C) humanistic.  
D) evolutionary psychology.

Answer: B

- 115) The term that refers to persisting values, beliefs, behaviours, and traditions that are shared by a large group of people and are passed from one generation to the next is: 115) \_\_\_\_\_
- A) self-actualization. B) sociobiology.  
C) culture. D) introspection.

Answer: C

- 116) Research on whether or not the presence of others will influence if an individual will stop to help a bystander would be an example of research taking which perspective? 116) \_\_\_\_\_
- A) behaviourism. B) sociocultural.  
C) psychodynamic. D) cognitive.

Answer: B

- 117) According to the sociocultural perspective, the rules that specify what is and is not acceptable behaviour for members of a group (such as what men and women should wear or how to act in different social situations) are called: 117) \_\_\_\_\_
- A) cultural standards. B) principles.  
C) norms. D) ideals.

Answer: C

- 118) Sam and Ben are brothers. Sam attends the local neighbourhood school, while his younger brother, Ben, attends an exclusive private school. Sam is very proud of his home and frequently invites friends over to his house to study or just relax. Ben, on the other hand, does not want his classmates to see how poor his family is and is embarrassed by the small house his family lives in. In this case, the opposing views of the same home can be explained from a sociocultural perspective in the following way: 118) \_\_\_\_\_
- A) Ben's negative view of the world is a result of being the youngest child.  
B) Each boy's reality is shaped by his different social settings at school.  
C) Ben's friends value money; whereas Sam's do not.  
D) Sam has more friends than Ben and is therefore more comfortable with his home.

Answer: B

- 119) Levine and colleague's research on whether individuals would marry someone they didn't love most clearly demonstrates the influence of: 119) \_\_\_\_\_
- A) unconscious factors on what is perceived as normal.  
B) culture on what is perceived as normal.  
C) biology and environment on what is perceived as normal.  
D) types of thinking and reasoning on what is perceived as normal.

Answer: B

- 120) In the Tchambuli tribe from New Guinea, women are more assertive and are responsible for obtaining the tribe's food, while the men usually spend their days working on their art and talking about the women. According to researchers taking a cultural psychology approach, this reversal of the typical western gender roles is:
- 120) \_\_\_\_\_
- A) due to the unusual genetic makeup of the people in this tribe.
  - B) a product of their unique cultural expectations and learning experiences.
  - C) a product of this tribe's lack of awareness of Western culture.
  - D) due to the tribe's environment.

Answer: B

- 121) According to the text, one of the most important differences between any two cultures from a psychological perspective is the extent to which they are:
- A) individualistic or collectivistic.
  - B) capitalistic or communistic.
  - C) rural or industrialized.
  - D) materially-oriented or achievement-oriented.
- 121) \_\_\_\_\_

Answer: A

- 122) Most industrialized cultures such as North America and Europe emphasize a different cultural orientation than cultures such as those in Asia, Africa, and South America. In Asia, Africa, and South America, the cultural orientation emphasis is on:
- A) collectivism      B) functionalism      C) individualism      D) materialism

Answer: A

- 123) Gabriella was raised in a family where individual achievement and accomplishment were stressed by both of her parents. She was constantly encouraged to set personal goals for herself and to strive to achieve them. The values emphasized by Sara's family are most consistent with:
- A) individualism. B) collectivism.  
C) functionalism. D) structuralism.

Answer: A

- George was raised in a family where his sense of self was defined by the various groups of which he was a member, such as his community and his class at school. George understood that the goals of these groups were more important than any of the personal goals of people in these groups. The values emphasized by George's family are most consistent with:
- A) functionalism.  
B) individualism.  
C) collectivism.  
D) structuralism.

Answer: C

- 125) Based on the concepts of collectivism versus individualism, which of the following statements about American and Japanese schools would you predict is true? 125) \_\_\_\_\_
- A) Japanese children tend to work in groups, while American children tend to work alone on individual projects.
  - B) Even when students are working in a group, Japanese teachers are more likely to direct their comments to individuals.
  - C) Even when students are working individually, American teachers are more likely to direct their comments to the group.
  - D) Japanese children tend to work alone on individual projects, while American children tend to work in groups.
- Answer: A
- 126) Li-Jun and colleagues examined how language and culture can affect performance on a sorting task. Their research suggests that our unique learning histories can be shaped by the culture we are raised in. This example demonstrates how the \_\_\_\_\_ and the \_\_\_\_\_ perspectives can interact to clarify our understanding. 126) \_\_\_\_\_
- A) sociocultural; behavioural
  - B) behavioural; humanist
  - C) sociocultural; humanist
  - D) biological; sociocultural
- Answer: A
- 127) The sociocultural and behavioural perspectives are similar in that both emphasize: 127) \_\_\_\_\_
- A) the importance of innate human drives to actualize potential.
  - B) the importance of internal mental factors.
  - C) the effect of biological factors on behaviour.
  - D) the role of the environment on the development of behaviour.
- Answer: D
- 128) As an attempt to explain human nature, which psychological perspective views humans as reactors to their environment? 128) \_\_\_\_\_
- A) behavioural
  - B) cognitive
  - C) psychodynamic
  - D) humanistic
- Answer: A
- 129) As an attempt to explain human nature, which psychological perspective views humans as free-thinking agents who seek personal meaning and self-actualization? 129) \_\_\_\_\_
- A) biological
  - B) psychodynamic
  - C) behavioural
  - D) humanistic
- Answer: D
- 130) As an attempt to explain human nature, which psychological perspective views humans as interactive beings embedded in a group? 130) \_\_\_\_\_
- A) sociocultural
  - B) psychodynamic
  - C) cognitive
  - D) humanistic
- Answer: A

- 131) Which psychological perspective views perception, memory processes, and thoughts as some of the major causes of behaviour? 131) \_\_\_\_\_  
A) psychodynamic B) humanistic  
C) behavioural D) cognitive  
Answer: D
- 132) Which psychological perspective views unconscious motives and early childhood experiences as among some of the major causes of behaviour? 132) \_\_\_\_\_  
A) psychodynamic B) cognitive  
C) biological D) sociocultural  
Answer: A
- 133) Which psychological perspective views societal norms and group interactions as among some of the major causes of behaviour? 133) \_\_\_\_\_  
A) sociocultural B) humanistic  
C) psychodynamic D) biological  
Answer: A
- 134) In Western cultures, women are considered the primary caregivers of infants and children. It also seems that, as our population ages, women are the primary caregivers of the elderly. The evolutionary perspective may argue that this is so because: 134) \_\_\_\_\_  
A) women are biologically predetermined to be caregivers.  
B) women understand that survival depends on the weakest in the group.  
C) women receive societal rewards for the ability to give care.  
D) women learn from an early age to care for others.  
Answer: A
- 135) In psychology, both the psychodynamic and cognitive perspectives are considered to be operating at: 135) \_\_\_\_\_  
A) the environmental level of analysis. B) the cognitive level of analysis.  
C) the biological level of analysis. D) the psychological level of analysis.  
Answer: D
- 136) There are six psychological perspectives (sociocultural, humanistic, behavioural, psychodynamic, cognitive, and biological) on behaviour. What three levels of analysis allow us to integrate causal factors suggested by each of the six psychological perspectives? 136) \_\_\_\_\_  
A) biological, psychological, environmental  
B) biological, cognitive, sociocultural  
C) psychological, cognitive, behavioural  
D) biological, psychodynamic, environmental  
Answer: A

- 137) According to the text, in order to obtain a complete understanding of behaviour we need to: 137) \_\_\_\_\_
- A) focus our attention on the environmental and biological levels of analysis.
  - B) move back and forth between different levels of analysis.
  - C) pick one of the three levels of analysis and apply it rigorously and thoroughly.
  - D) focus our attention on the psychological level of analysis.
- Answer: B
- 138) Sandra has a promising career, dates interesting men, and she is quite content to remain single and child-free. Her family strongly supports her choices and celebrates her success as a professional. Her sister, who was married briefly and then experienced an unpleasant divorce, is open about her disdain for long-term commitment. We can make an effort to understand Sandra's behaviour using different levels of analysis. In this case, the influence of Sandra's family on her decision to stay single and child-free fits with the \_\_\_\_\_ level of analysis. 138) \_\_\_\_\_
- A) cognitive
  - B) biological
  - C) environmental
  - D) psychological
- Answer: C
- 139) Which psychological disorder is generally considered to be the "common cold" of emotional disturbances? 139) \_\_\_\_\_
- A) multiple personality
  - B) anxiety
  - C) depression
  - D) schizophrenia
- Answer: C
- 140) All of the following are biological factors associated with depression **EXCEPT** which of the following? 140) \_\_\_\_\_
- A) The biological rhythms associated with sleep tend to be disrupted in depressed individuals.
  - B) Depressed people are more likely than non-depressed people to have relatives who are also depressed.
  - C) Drugs that effectively treat depression appear to operate by restoring the balance of neurotransmitters.
  - D) Depressed people are more likely to have negative views of themselves and the world.
- Answer: D
- 141) If you wanted to understand some of the important causes of depression and you paid attention to the negative thinking that often accompanies depression, you would be interpreting depression from which level of analysis? 141) \_\_\_\_\_
- A) biological
  - B) cognitive
  - C) psychological
  - D) environmental
- Answer: C



- 142) Research on the psychological causes of depression has found that clinically depressed people: 142) \_\_\_\_\_
- A) typically have a hopeless attitude towards the world, the future, and themselves.
  - B) can feel optimistic about managing themselves and their environments during stressful events.
  - C) tend to take personal responsibility for the good things that happen to them while they tend to dismiss bad things that happen.
  - D) tend to suffer from specific brain abnormalities.
- Answer: A
- 143) According to the behavioural perspective, depression is the result of: 143) \_\_\_\_\_
- A) negative or pessimistic patterns of thinking.
  - B) imbalances in neurotransmitters.
  - C) a non-rewarding environment.
  - D) a depressed personality.
- Answer: C
- 144) Research on depression in various cultures has found that the symptom patterns of depression are different in various cultures and that the relative occurrence of depression is \_\_\_\_\_ in various cultures. 144) \_\_\_\_\_
- A) the same for men and women
  - B) different for men and women
  - C) higher for women than men
  - D) higher for men than women
- Answer: C
- 145) When deconstructing a disorder such as depression, the presence or strength of one factor influences the effects of other factors. This presence of one factor influencing the effect of another factor is called an: 145) \_\_\_\_\_
- A) interassociation.
  - B) association.
  - C) interrelation.
  - D) interaction.
- Answer: D
- 146) Two people are witnesses to a violent earthquake. One person is mildly upset by this event and copes well with it. The other person, who has a biological predisposition to anxiety, becomes very stressed after the event, has difficulty coping with it, and eventually gets ill. Because the effects of the earthquake differed, depending on whether the person had the predisposition of anxiety or not, this would be an example of an: 146) \_\_\_\_\_
- A) insight.
  - B) interassociation.
  - C) interrelation.
  - D) interaction.
- Answer: D

- 147) A person who is depressed begins eating poorly and quits exercising. These behaviours in turn result in a change in the person's physiology. This would be an example of: 147) \_\_\_\_\_
- A) the person's biology affecting the environment.
  - B) the person's environment affecting his/her behaviour.
  - C) the person's biology affecting his/her behaviour.
  - D) the person's behaviour affecting his/her biology.
- Answer: D
- 148) Bob is mildly depressed. Because of his generally negative attitude and hopelessness, Bob's friends, who typically enjoy his company, no longer want to spend time with him. The impact of Bob's depression on his friends is an example of: 148) \_\_\_\_\_
- A) environmental factors affecting biological factors.
  - B) behavioural factors affecting environmental factors.
  - C) biological factors affecting behavioural factors.
  - D) behavioural factors affecting biological factors.
- Answer: B
- 149) One major theme in psychology emphasizes that our biological endowment and our personal experiences interact to influence how we behave. This is an example of: 149) \_\_\_\_\_
- A) nature and nurture interacting.
  - B) heredity and nurture interacting.
  - C) heredity and culture interacting.
  - D) culture and nature interacting.
- Answer: A
- 150) Since he was a little boy, Niko wanted to help people be healthy and he always thought he would be a doctor when he grew up. Now in university, Niko is reluctant to commit to pre-medical studies because he has seen the overuse of medication, and he believes he can help people without drugs. Which of the following career paths in psychology might Niko consider? 150) \_\_\_\_\_
- A) clinical psychology
  - B) organizational psychology
  - C) social psychology
  - D) educational psychology
- Answer: A
- 151) The specialty area in psychology that focuses on the study of nonhuman species in natural and laboratory environments is: 151) \_\_\_\_\_
- A) cognitive psychology.
  - B) cross-cultural psychology.
  - C) comparative psychology.
  - D) behavioural psychology.
- Answer: C
- 152) A specialty area that focuses on the study of basic processes such as learning, perception, and motivation is called: 152) \_\_\_\_\_
- A) comparative psychology.
  - B) cognitive psychology.
  - C) developmental psychology.
  - D) experimental psychology.
- Answer: D

- 153) The specialty area in psychology that focuses on how the presence of other people influences an individual's behaviour, thoughts, and feelings is called: 153) \_\_\_\_\_
- A) social psychology.
  - B) personality psychology.
  - C) organizational psychology.
  - D) cross-cultural psychology.

Answer: A

- 154) What are the four classes of academic performance enhancement strategies? 154) \_\_\_\_\_
- A) time management, study skills, constant feedback, test-taking skills
  - B) time management, study skills, test-preparation strategies, test-taking skills
  - C) time management, study skills, test-preparation strategies, written schedules
  - D) time management, prioritizing, test-preparation strategies, test-taking skills

Answer: B

- 155) The three important principles of effective time management are: 155) \_\_\_\_\_
- A) creating written schedules, prioritizing, studying in the same place.
  - B) studying in the same place, prioritizing, monitoring progress.
  - C) creating written schedules, prioritizing, monitoring progress.
  - D) getting feedback, prioritizing, monitoring progress.

Answer: C

- 156) When you are studying and attempting to retain material, the directed questions study method is \_\_\_\_\_. 156) \_\_\_\_\_
- A) not at all effective when compared to simply reading textual material.
  - B) more effective than simply reading textual material.
  - C) as effective as simply reading textual material.
  - D) almost as effective as simply reading textual material.

Answer: B

- 157) Research looking at the effectiveness of different study techniques found that in general, study techniques: 157) \_\_\_\_\_
- A) increased students' memory capacity by about 10 percent.
  - B) made no difference in students' memory capacity.
  - C) increased students' memory capacity by about 20 percent.
  - D) decreased students' memory capacity by about 20 percent.

Answer: C

- 158) Which of the following was mentioned as a strategy that is often used by test-wise students? 158) \_\_\_\_\_
- A) Multiple-choice alternatives containing the words "always," "never," "universally," and "totally" are usually correct.
  - B) On multiple-choice tests, rule out the obviously incorrect answers immediately.
  - C) On multiple-choice tests, don't change your first answer because it is usually correct.
  - D) Multiple-choice alternatives containing qualitative terms such as "tend," "often," and "generally" are usually incorrect.

Answer: B

- 159) Julie wants to earn good grades in college and planned to devote enough time studying to succeed. However, Julie's apartment is a mess, and although it is the quietest place to study, she cannot focus on studying when she is surrounded by the mess. Julie decides to clean up her apartment and then she is too tired to study. Julie has a problem with: 159) \_\_\_\_\_
- A) using an active approach to learning.
  - B) setting appropriate goals for herself.
  - C) prioritizing her tasks.
  - D) finding a suitable study place.

Answer: C

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 160) Psychology can be defined generally as the scientific study of the mind. 160) \_\_\_\_\_
- Answer: True ☒ False
- 161) The goal of basic research is simply to learn more about something, while applied research is typically done to solve some real world problems. 161) \_\_\_\_\_
- Answer: ☒ True ☐ False
- 162) One goal of psychology is being able to predict how animals or people will behave under specific circumstances. 162) \_\_\_\_\_
- Answer: ☒ True ☐ False
- 163) Research has shown that the most important psychological perspective for understanding human behaviour is the biological perspective. 163) \_\_\_\_\_
- Answer: True ☒ False
- 164) The dualism position assumes that the mind and body are one, while the monism position asserts that the mind is in fact separate from the body. 164) \_\_\_\_\_
- Answer: True ☒ False
- 165) A criticism of the sociobiology approach is that it places too much emphasis on cultural factors. 165) \_\_\_\_\_
- Answer: True ☒ False
- 166) Behaviour genetics is the study of how evolution shaped modern human behaviour. 166) \_\_\_\_\_
- Answer: True ☒ False

- 167) The cognitive psychological perspective views human beings as information processors who think, plan, and solve problems. 167) \_\_\_\_\_  
Answer: ☒ True ☐ False
- 168) Structuralists were concerned with breaking human consciousness down into its essential components, whereas Gestalt psychologists were interested in how the elements of experience are organized into wholes. 168) \_\_\_\_\_  
Answer: ☒ True ☐ False
- 169) One of the intellectual precursors to the cognitive revolution was the debate over how children acquire language. 169) \_\_\_\_\_  
Answer: ☒ True ☐ False
- 170) Cognitive neuroscience involves the intersection of the cognitive perspective with the biological perspective by combining brain- imaging techniques while individuals engage in cognitive tasks. 170) \_\_\_\_\_  
Answer: ☒ True ☐ False
- 171) Sigmund Freud first thought that his patients were creating fantasies about being sexually abused as children, but he later revised this view and stressed that he believed these reports to be real and accurate. 171) \_\_\_\_\_  
Answer: ☐ True ☒ False
- 172) Psychoanalysis is the analysis of internal and primarily unconscious psychological forces. 172) \_\_\_\_\_  
Answer: ☒ True ☐ False
- 173) One of the strengths of Sigmund Freud's psychoanalytic theory is that his concepts are relatively easy to assess and measure. 173) \_\_\_\_\_  
Answer: ☐ True ☒ False
- 174) The thinking of functionalists like William James was strongly influenced by Darwin's evolutionary theory. 174) \_\_\_\_\_  
Answer: ☒ True ☐ False
- 175) The behavioural psychological perspective is rooted in the work of structuralist Wilhelm Wundt. 175) \_\_\_\_\_  
Answer: ☐ True ☒ False
- 176) The humanistic psychological perspective emphasizes free will and innate human tendencies towards growth. 176) \_\_\_\_\_  
Answer: ☒ True ☐ False

- 177) Positive psychology movement was discussed in the context of the behavioural perspective. 177) \_\_\_\_\_  
Answer: True ☒ False
- 178) Collectivistic cultures place a strong emphasis on personal goals and accomplishments. 178) \_\_\_\_\_  
Answer: True ☒ False
- 179) If a researcher is studying norms then that individual is most likely taking a humanistic perspective to studying psychology. 179) \_\_\_\_\_  
Answer: True ☒ False
- 180) A psychologist who emphasizes the importance of early childhood experiences and unconscious factors would likely be associated with the cognitive-behaviourism psychological perspective. 180) \_\_\_\_\_  
Answer: True ☒ False
- 181) The behavioural psychological perspective typically operates at the environmental level of analysis. 181) \_\_\_\_\_  
Answer: ☒ True ☐ False
- 182) An interaction is when the presence or strength of one factor can influence the effect of another factor. 182) \_\_\_\_\_  
Answer: ☒ True ☐ False
- 183) Regarding research on depression, it is generally assumed that the biological level of analysis is the most useful in terms of shedding light on the disorder. 183) \_\_\_\_\_  
Answer: True ☒ False
- 184) The field of psychology tends to favour the use of direct observation over reasoning as a means of gaining knowledge about behaviour. 184) \_\_\_\_\_  
Answer: ☒ True ☐ False
- 185) Although psychology courses have been taught in Canada since the early 1900s, the earliest independent Psychology Department at a Canadian university was not created until 1924 at McGill University. 185) \_\_\_\_\_  
Answer: ☒ True ☐ False
- 186) The training and practice of psychiatrists is, for all intents and purposes, the same as that of psychologists who perform mental-health services. 186) \_\_\_\_\_  
Answer: True ☒ False
- 187) The three important guidelines for effective time management are using written schedules, prioritizing, and constantly monitoring your progress. 187) \_\_\_\_\_  
Answer: ☒ True ☐ False

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 188) Dr. Jones and Dr. Adams are both psychologists who work in the area of bullying. Dr. Jones is interested in how often bullying happens and the factors involved in bullying. Dr. Adams on the other hand, is interested in developing an intervention in helping victims of school bullying, feel better about themselves. Which one of the following statement is true? 188) \_\_\_\_\_
- A) Dr. Jones' work is best described as insight research; Dr. Adams' work is best described as basic research
  - B) Dr. Jones' work is best described as applied research; Dr. Adams' work is best described as basic research
  - C) Dr. Jones' work is best described as basic research; Dr. Adams' work is best described as applied research
  - D) Dr. Jones' work is best described as interaction research; Dr. Adams' work is best described as insight research
  - E) Dr. Jones' work is best described as applied research; Dr. Adams' work is best described as interaction research

Answer: C

- 189) Dr. Smith is a psychologist who is interested in studying aggression in sports. For her research, she attends high school basketball games and records the number of aggressive acts she observes. Dr. Smith's research is best viewed as meeting psychology's basic goal of \_\_\_\_\_. 189) \_\_\_\_\_
- A) prediction
  - B) treatment
  - C) understanding
  - D) description
  - E) control

Answer: D

- 190) Which of the following statement is TRUE from the perspective of monism? 190) \_\_\_\_\_
- A) the mind is separated from the body
  - B) studying the body will enable us to learn more about the mind
  - C) mental events are not a product of physical events
  - D) studying the body won't tell us anything about the mind
  - E) none of the answers are true from the perspective of monism

Answer: B

191) Charles Whitman was a mass murderer with no previous history of violence. After Whitman committed several murders and suicide, an autopsy revealed that he had a malignant tumour in an area of the brain associated with aggression. Psychologists who cite this fact in an attempt to explain his aggressive acts are focused on which level of analysis? 191) \_\_\_\_\_

- A) psychological
- B) environmental
- C) sociocultural
- D) biological
- E) structural

Answer: D

192) Evolutionary theory assumes that individuals who receive a competitive advantage from inherited traits will be more likely to survive, reproduce, and thus pass on these adaptive traits to future generations. This process is known as 192) \_\_\_\_\_

- A) natural endurance.
- B) natural selection.
- C) natural survival.
- D) natural segregation.
- E) natural extinction.

Answer: B

193) Which one of the following is NOT associated with sociobiology? 193) \_\_\_\_\_

- A) understanding why women have a greater investment than men in the reproductive process
- B) understanding why parents will sacrifice their own lives in order to ensure the survival of their children based on the notion that genetic survival is more important than individual survival
- C) understanding why males tend to be more aggressive than females
- D) examining human information processes and problem-solving strategies
- E) all of these statements are not associated with sociobiology

Answer: D

194) After being exposed to certain sounds during an experiment, participants are asked to describe their inner experiences. This study is an example of studying 194) \_\_\_\_\_

- A) perception.
- B) natural selection.
- C) insight.
- D) introspection.
- E) interaction.

Answer: D



- 195) Behaviourism gave rise to a set of behaviour change techniques that are known as 195) \_\_\_\_\_
- A) behaviour creation.
  - B) behaviour enhancement.
  - C) behaviour modification.
  - D) cognitive behavior therapy.
  - E) behaviour remodelling.

Answer: C

- 196) During his sessions, Dr. Brown discusses with his patients their conscious motives, choices, and discovering their full potential. Dr. Brown conducts therapy from what type of perspective? 196) \_\_\_\_\_
- A) psychoanalytic
  - B) biological
  - C) humanistic
  - D) behavioural
  - E) cognitive

Answer: C

- 197) According to the sociocultural perspective, the rules that specify what is and is not acceptable behaviour for members of a group (such as what men and women should wear or how to act in different social situations) are called 197) \_\_\_\_\_
- A) styles.
  - B) norms.
  - C) models.
  - D) standards.
  - E) practices.

Answer: B

- 198) Culture A places an emphasis on self-expression and pursuing personal interests. Culture B values group goals and maintaining harmony within the group. Which of the following statements are TRUE? 198) \_\_\_\_\_
- A) an example of culture A is China; an example of culture B is Canada
  - B) culture B would follow the principles of sociobiology while culture A would not
  - C) there should be little difference between the two cultures
  - D) culture A is considered to be more collectivistic; culture B is considered to be more individualistic
  - E) culture A is considered to be more individualistic; culture B is considered more collectivistic

Answer: E

- 199) The sociocultural and behavioural perspectives are similar in that both emphasize: 199) \_\_\_\_\_
- A) the importance of innate human drives to actualize potential
  - B) the importance of unconscious motivation
  - C) the role of the environment on the development of behaviour
  - D) the effect of biological factors on behaviour
  - E) the importance of internal mental factors
- Answer: C
- 200) According to the text, in order to obtain a complete understanding of behavior we need 200) \_\_\_\_\_  
to
- A) move back and forth between different levels of analysis.
  - B) focus our attention on the psychological level of analysis.
  - C) focus our attention on the environmental and biological levels of analysis.
  - D) focus our attention on the psychological and biological level of analysis.
  - E) select one of the three levels of analysis and apply it rigorously.
- Answer: A
- 201) A psychologist emphasizes individual values and choice and how people can fulfill their 201) \_\_\_\_\_  
own potential. Most likely, she follows the
- A) psychodynamic perspective.
  - B) humanistic perspective.
  - C) Gestalt tradition
  - D) cognitive perspective.
  - E) behavioural perspective.
- Answer: B
- 202) Wilhelm Wundt is credited with which of the following? 202) \_\_\_\_\_
- A) He developed the first intelligence test
  - B) He opened the first psychology laboratory in 1879
  - C) He founded Gestalt perspective
  - D) He studied the cognitive process of young children
  - E) He developed the functional approach
- Answer: B
- 203) According to Freud's psychodynamic perspective, the main motivations for behaviour 203) \_\_\_\_\_  
are:
- A) environmental consequences of behaviour
  - B) sociocultural factors
  - C) biological processes
  - D) conscious cognitive processes
  - E) unconscious conflicts
- Answer: E

- 204) Which of the following major perspectives in psychology is most similar to empiricism? 204) \_\_\_\_\_
- A) Gestalt perspective
  - B) behavioural perspective
  - C) biological perspective
  - D) cognitive perspective
  - E) psychodynamic perspective
- Answer: B
- 205) The philosophical school of thought that proposed that all human behaviour can be accounted for by, and reduced to, biological processes was referred to as: 205) \_\_\_\_\_
- A) functionalism
  - B) mind-body dualism
  - C) monism
  - D) rationalism
  - E) gestaltism
- Answer: C
- 206) Professor Jonas studies aggression. She sets up an experiment and makes her best guess as to how the results will come out. This best illustrates psychology's central goal of 206) \_\_\_\_\_
- A) prediction.
  - B) description.
  - C) criticism
  - D) information.
  - E) explanation.
- Answer: A
- 207) Professor Lewin studies aggression. She wants to know how various programs can decrease bullying at school. Her research is best described as 207) \_\_\_\_\_
- A) applied research.
  - B) dualism.
  - C) a broad spectrum approach.
  - D) psychodynamic research.
  - E) basic research.
- Answer: A
- 208) Let's say that you believe that it is possible to control all aspects of society and harness the power of the environment to your liking. Your position is closest to that of a 208) \_\_\_\_\_
- A) cognitive behaviourist.
  - B) psychodynamic psychologist.
  - C) humanistic psychologist.
  - D) Gestalt psychologist.
  - E) radical behaviourist.
- Answer: E

- 209) Which of the following approaches to psychology LEAST reflects the cognitive perspective? 209) \_\_\_\_\_
- A) Gestalt psychology
  - B) the study of the mind
  - C) sociobiology
  - D) functionalism
  - E) structuralism
- Answer: C
- 210) You overhear two psychologists talking about human behaviour. Professor A believes that humans are controlled by inner forces and conflicts while Professor B states that humans are "free-agents" and seek self-actualization. Most likely, Professor A follows the \_\_\_\_\_ perspective while Professor B follows the \_\_\_\_\_ perspective. 210) \_\_\_\_\_
- A) sociocultural; behavioural
  - B) biological; cognitive
  - C) cognitive; psychodynamic
  - D) behavioural; sociocultural
  - E) psychodynamic; humanistic
- Answer: E
- 211) Which of the following is NOT true about psychology? 211) \_\_\_\_\_
- A) behaviour can mostly be attributed to biological factors
  - B) psychological capacities have evolved during each species' history
  - C) psychology is empirical
  - D) behaviour is determined by multiple causal factors
  - E) human experience of the world is subjective
- Answer: A
- 212) Your friend Tomas wants to continue in psychology and his goal is to help people with issues of personal adjustment and career planning. Which specialty area of psychology would you recommend to Tomas for continued study? 212) \_\_\_\_\_
- A) clinical
  - B) cultural
  - C) counselling
  - D) personality
  - E) social
- Answer: C

- 213) Which of the following is NOT a good test-taking strategy as recommended in the text? 213) \_\_\_\_\_
- A) Never change an answer on a multiple-choice test
  - B) Eliminate those alternatives that you can rule out immediately and choose from the rest
  - C) As you read a multiple-choice question, try to answer it at first without looking at the alternatives
  - D) Use your time wisely and track your progress
  - E) For essays, organize your answer before writing

Answer: A

- 214) Professor Springer studies the influence of perfume on an individual's mood. At what level of analysis is this research? 214) \_\_\_\_\_
- A) applied
  - B) environmental
  - C) biological
  - D) psychological
  - E) basic

Answer: D

- 215) Which of the following concepts is NOT linked to psychoanalysis? 215) \_\_\_\_\_
- A) introspection
  - B) free association
  - C) repression
  - D) the unconscious
  - E) inborn sexual and aggressive drives

Answer: A

- 216) If we wanted to understand depression from a biological level, we might look at \_\_\_\_\_, but at the psychological level we would focus more on \_\_\_\_\_. 216) \_\_\_\_\_
- A) reward structure; drugs
  - B) nurture; nature
  - C) evolutionary trends; cross-cultural differences
  - D) introspection; the unconsciousness
  - E) neurotransmitters; thinking style

Answer: E

- 217) You overhear two psychologists talking about human behaviour. Professor A believes that humans are controlled by inner forces and conflicts while Professor B states you cannot talk about things you cannot see. Instead, just look at the factors that affect behaviour. Most likely, Professor A follows the \_\_\_\_\_ perspective, while Professor B follows the \_\_\_\_\_ perspective. 217) \_\_\_\_\_
- A) psychoanalytic; behavioural
  - B) humanistic; psychoanalytic
  - C) functionalist; behavioural
  - D) psychoanalytic; cognitive
  - E) physiological; sociocultural
- Answer: A
- 218) You overhear two psychologists talking about human behaviour. Professor A believes that humans will always engage in behaviour that helps allows them to pass on their own genes while Professor B states that humans are "free-agents" and seek self-actualization. Most likely, Professor A follows the \_\_\_\_\_ perspective, while Professor B follows the \_\_\_\_\_ perspective. 218) \_\_\_\_\_
- A) sociobiological; humanistic
  - B) sociocultural; cognitive
  - C) humanistic; functionalist
  - D) behavioural; cognitive
  - E) psychoanalytic; behavioural
- Answer: A
- 219) Professor Royce studies the influence of an individual's mood on their memory for facts. At what level of analysis is this research? 219) \_\_\_\_\_
- A) cultural
  - B) biological
  - C) basic
  - D) environmental
  - E) psychological
- Answer: E
- 220) Professor Jonas is interested in the prevention of depression in children. She examines some of the factors that can lead to depression as a result of poverty. So far she has investigated poverty in 10 different cities. This research would best be describes as 220) \_\_\_\_\_
- A) research influenced by confirmation bias
  - B) research looking at mental shortcuts
  - C) applied research
  - D) basic research
  - E) a nonsystematic research approach
- Answer: C

221) You are looking to buy a new smart phone and have come to the conclusion that an iPhone is probably the best. So when you see an ad in a magazine for a Samsung, you just turn the page and ignore it. This probably reflects the operation of 221) \_\_\_\_\_

- A) confirmation bias
- B) mental shortcuts
- C) critical thinking
- D) gathering empirical evidence
- E) a self-correcting bias

Answer: A

222) In one of your psychology labs, the instructor wants you to demonstrate the method of introspection. Most likely, this demonstration was to illustrate the approach known as 222) \_\_\_\_\_

- A) functionalism
- B) monism
- C) the psychodynamic perspective
- D) dualism
- E) structuralism

Answer: E

223) Which of the following is most similar to the Gestalt perspective? 223) \_\_\_\_\_

- A) the humanistic perspective
- B) the sociobiological perspective
- C) the cognitive perspective
- D) the behavioural perspective
- E) the psychoanalytic perspective

Answer: C

224) You are examining an individual suffering from clinical depression. Your analysis is the problem results from an undersupply of the neurotransmitter dopamine. Your conclusion is at which of the following levels of analysis? 224) \_\_\_\_\_

- A) cultural
- B) empirical
- C) psychological
- D) biological
- E) environmental

Answer: D

225) You are examining an individual suffering from clinical depression. Your analysis is the problem is due to the fact that your client is from North America. Your conclusion is at which of the following levels of analysis? 225) \_\_\_\_\_

- A) biological
- B) physical environment
- C) psychological
- D) sociocultural environment
- E) family environment

Answer: D

226) You are examining an individual suffering from clinical depression. Your analysis is the problem results from a pattern of pessimistic thinking. Your conclusion is at which of the following levels of analysis? 226) \_\_\_\_\_

- A) biological
- B) environmental
- C) psychological
- D) cognitive
- E) applied

Answer: C

227) Your best friend is having trouble dating. You suspect that the problem stems from a fear of rejection and this fear is probably not in conscious awareness. Which of the following perspectives reflect your suspicion? 227) \_\_\_\_\_

- A) biological
- B) cognitive
- C) cultural
- D) psychoanalytic
- E) behavioural

Answer: D

228) Your best friend is having trouble dating. You suspect that the problem stems from his past experiences with dating in which he has been constantly turned down when asking someone out on a date. This makes him feel very bad. Which of the following perspectives reflect your suspicion? 228) \_\_\_\_\_

- A) psychoanalytic
- B) biological
- C) cultural
- D) cognitive
- E) behavioural

Answer: E



229) Your best friend is having trouble dating. You suspect that the problem stems from a fear of being rejected, since this has happened on many previous occasions. Which of the following perspectives reflect your suspicion? 229) \_\_\_\_\_

- A) biological
- B) cognitive
- C) cultural
- D) behavioural
- E) psychoanalytic

Answer: D

230) Professor B is interested in studying bullying. She studies this in the lab by looking at dominance rankings in mouse colonies. This type of research would be best described as 230) \_\_\_\_\_

- A) experimental
- B) applied
- C) basic
- D) clinical
- E) developmental

Answer: C

231) Professor Johnson does research on memory and problem solving. Most likely, we would describe her as a(n) \_\_\_\_\_ psychologist. 231) \_\_\_\_\_

- A) clinical
- B) developmental
- C) social
- D) experimental
- E) cognitive

Answer: E

232) Professor Johnson does research on perception and the visual system. Most likely, we would describe her as a(n) \_\_\_\_\_ psychologist. 232) \_\_\_\_\_

- A) clinical
- B) developmental
- C) experimental
- D) social
- E) cognitive

Answer: C

233) Jorge and Andreas are identical twins. At age 33, Jorge has acquired the mental disorder, schizophrenia. Andreas did not. How can this be since the twins are identical? 233) \_\_\_\_\_

- A) biological factors interact with the environment
- B) this reflects the operation of dualism
- C) identical twins do not share all of their genes
- D) cultural factors influence psychological factors
- E) Andreas will become schizophrenic, but much later

Answer: A

- 234) If you were a structuralist, which of the following would best reflect a report on your study of colour vision? 234) \_\_\_\_\_
- A) It is difficult to describe a colour because all colours are influenced by the items around it.
  - B) I see a flood of red, but it starts to fade in intensity, then slowly becomes dark or even green.
  - C) If we see red, it is because that colour has survival value.
  - D) I notice that the cells in the eye are connected to cells in the brain.
  - E) Colour perception reflects the unconscious conflicts that we have not resolved.
- Answer: B
- 235) Susan wants to be able to treat patients with psychological disorders. Most likely, she should pursue a degree in which of the following areas of psychology? 235) \_\_\_\_\_
- A) cognitive
  - B) clinical
  - C) personality
  - D) counselling
  - E) developmental
- Answer: B
- 236) Dr. Matthews uses sophisticated imaging techniques to study the processes behind learning and memory. Most likely, we would describe Dr. Matthews as a 236) \_\_\_\_\_
- A) radical behaviourist
  - B) behaviour geneticist
  - C) biological Gestaltist
  - D) sociobiologist
  - E) cognitive neuroscientist
- Answer: E
- 237) A Freudian psychoanalyst is having a debate with a radical behaviourist. The debate is rather heated. Which of the following topics would they have the most disagreement on? 237) \_\_\_\_\_
- A) the mind
  - B) structure of neurotransmitters
  - C) the brain
  - D) self-actualization
  - E) natural selection
- Answer: A

- 238) A local psychologist is interested in the meaning and purpose that people assign to their lives. Most likely, she follows the \_\_\_\_\_ perspective. 238) \_\_\_\_\_
- A) biological
  - B) psychodynamic
  - C) humanistic
  - D) sociocultural
  - E) cognitive
- Answer: C
- 239) A local psychologist is interested in using precise observation of stimuli and responses. Most likely, he follows the \_\_\_\_\_ perspective. 239) \_\_\_\_\_
- A) cognitive
  - B) psychodynamic
  - C) sociocultural
  - D) behavioural
  - E) biological
- Answer: D
- 240) You are a behaviourist. However, you believe that our behaviour is modified and guided by our thoughts. Your position is known as 240) \_\_\_\_\_
- A) positive psychology
  - B) cognitive behaviourism
  - C) radical behaviourism
  - D) modified behaviourism
  - E) Gestalt actualization
- Answer: B
- 241) Imagine that you are a functionalist involved in the study of intelligence. Which of the following questions are you most likely to ask? 241) \_\_\_\_\_
- A) Does intelligence promote self-esteem?
  - B) Can intelligence be rewarded?
  - C) What is the nature of unconscious influence on intelligence?
  - D) How does intelligence help us to adapt to the environment?
  - E) What parts of the brain are involved in intelligent behaviour?
- Answer: D
- 242) A radical behaviourist is having a debate with a cognitive behaviourist. On which of the following topics are they likely to disagree the most? 242) \_\_\_\_\_
- A) responses are more likely to continue if they are rewarded
  - B) responses are less likely to continue if they are punished
  - C) learning can be used to treat disorders
  - D) behaviours are automatically stamped in or stamped out
  - E) the laws of learning apply to all organisms
- Answer: D

- 243) People are influenced by group norms. But the amount of influence tends to be higher in a country like China than in a country like Canada. Why? 243) \_\_\_\_\_
- A) Canada is not individualistic
  - B) Canada is more collectivistic
  - C) China is more individualistic
  - D) China has a much larger population
  - E) China is more collectivistic

Answer: C

- 244) We have often heard of the myth that we only use 10% of our brain. Why might we be convinced that this is true? 244) \_\_\_\_\_
- A) there are no neurotransmitters in much of the brain
  - B) we share 10% of our cortex with lower animals
  - C) a great deal of cortex can be removed with only a small loss of function
  - D) brain scans reveal that only 10% of the brain is active at any given time
  - E) we have only mapped about 10% of the brain

Answer: C

- 245) Psychologists try to establish principles that apply to all people. But this is not always the case. The principles vary. Why? 245) \_\_\_\_\_
- A) cognitive psychology does not address the issue of thoughts
  - B) psychologists forget to account for biological factors
  - C) basic research cannot provide stable principles
  - D) applied research is never adequately controlled
  - E) our experience of the world is subjective

Answer: E

- 246) Jesse has a genetic disorder that can result in schizophrenia. However, it is unlikely that he will have a breakdown unless his life becomes very stressful. This illustrates the concept of 246) \_\_\_\_\_
- A) empirical methodology
  - B) self-actualization
  - C) unconscious conflict
  - D) interaction
  - E) normative influence

Answer: D

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 247) Define psychology and indicate what kinds of behaviours it studies.

Answer: Answers will vary

- 248) What are the four goals of psychology? How are these goals linked to one another?

Answer: Answers will vary

- 249) How do the goals of basic research and applied research differ?  
Answer: Answers will vary
- 250) What are perspectives on behaviour? Cite four ways in which they can influence psychological science.  
Answer: Answers will vary
- 251) Contrast the positions of dualism and monism as they apply to the "mind-body" problem.  
Answer: Answers will vary
- 252) Compare the goals and methods of structuralism and functionalism.  
Answer: Answers will vary
- 253) What causal factors are the focus of the psychodynamic perspective?  
Answer: Answers will vary
- 254) What observations convinced Freud of the importance of unconscious and childhood determinants of adult behaviour?  
Answer: Answers will vary
- 255) According to Freud, why are people afraid of and anxious about their sexual desires? What are defence mechanisms and what is repression?  
Answer: Answers will vary
- 256) In what sense is the human in continuous internal conflict, according to Freud?  
Answer: Answers will vary
- 257) What influences does Freud's theory have on contemporary psychology?  
Answer: Answers will vary
- 258) What are the important causal factors in behaviour within the behavioural perspective? How was this school of thought influenced by British empiricism?  
Answer: Answers will vary
- 259) What is behaviourism? Who are the important people associated with this movement?  
Answer: Answers will vary
- 260) If an individual goes to a therapist for help, how might a therapist taking a behaviourist perspective treat the individual compared to one taking a cognitive perspective?  
Answer: Answers will vary
- 261) What is cognitive behaviourism? How does it differ from radical behaviourism?  
Answer: Answers will vary

- 262) How does the humanistic conception of human nature and motivation differ from that advanced by psychoanalysis and behaviourism?  
Answer: Answers will vary
- 263) If an individual goes to a therapist for help, how might a therapist taking a psychoanalytic perspective treat the individual compared to one taking a humanistic perspective?  
Answer: Answers will vary
- 264) What is the positive psychology movement? Explain how it is a good example of taking a humanist perspective.  
Answer: Answers will vary
- 265) What is the conception of human nature advanced by the cognitive perspective?  
Answer: Answers will vary
- 266) What does *gestalt* mean? How does this meaning relate to the goals and findings of Gestalt psychology?  
Answer: Answers will vary
- 267) What is studied in the area of cognitive neuroscience?  
Answer: Answers will vary
- 268) Define culture and norms. What functions does a culture serve?  
Answer: Answers will vary
- 269) Contrast individualistic and collectivistic societies.  
Answer: Answers will vary
- 270) Summarize the research by Levine and his colleagues on student' beliefs about whether or not they would marry someone they didn't love. How is this a good example of the sociocultural perspective?  
Answer: Answers will vary
- 271) What three classes of causal factors does the biological perspective focus on?  
Answer: Answers will vary
- 272) What methods do behaviour geneticists use to investigate the role of genetic factors in animal and human behaviour?  
Answer: Answers will vary
- 273) What technical developments were important in the study of brain-behaviour relations?  
Answer: Answers will vary
- 274) What is meant by natural selection? What is its role in physical and behavioural evolution?  
Answer: Answers will vary

275) According to evolutionary psychology, how do biological and behavioural evolution influence one another?

Answer: Answers will vary

276) According to sociobiology, what is the ultimate importance of evolved social behaviours? On what bases has this position been criticized by other theorists?

Answer: Answers will vary

277) What three levels of analysis allow us to incorporate causal factors suggested by each of the perspectives?

Answer: Answers will vary

278) What does the biological level of analysis tell us about the causes of depression?

Answer: Answers will vary

279) What kinds of psychological causal factors have been identified in depression?

Answer: Answers will vary

280) Which causal factors in depression are seen at the environmental level of analysis?

Answer: Answers will vary

281) Summarize six important themes in contemporary psychology.

Answer: Answers will vary

282) What is meant by the interaction of causal factors?

Answer: Answers will vary

283) How does the level-of-analysis framework address the issue of whether our behaviour is primarily shaped by nature or nurture?

Answer: Answers will vary

284) Summarize the research by Li-Jun Ji and colleagues comparing bilingual students who spoke both English and Chinese, on a sorting task. How does the study blend the behavioural with the sociocultural perspective?

Answer: Answers will vary

285) Explain how the behavioural and the sociocultural perspectives use the environmental level of analysis.

Answer: Answers will vary

286) Explain how the cognitive, psychodynamic and humanist perspectives tend to use the psychological level of analysis.

Answer: Answers will vary

- 287) In what sense has psychology come "full circle" from its early focus on mental events?  
Answer: Answers will vary
- 288) For each of the psychological perspectives, differentiate between their conceptions of human nature, major causal factors of behaviour, predominant focus and methods of behaviour.  
Answer: Answers will vary
- 289) Using either the study by Li-Jun Ji et al. on bilingual students performance on a sorting task or the study by Levine et al. on whether students believe they would marry someone they didn't love, explain what level(s) of analysis were being used and why?  
Answer: Answers will vary
- 290) In what sense do depressive behaviours have biological, psychological, and environmental consequences?  
Answer: Answers will vary
- 291) What are the four classes of academic performance enhancement strategies?  
Answer: Answers will vary
- 292) Summarize the history of Canadian Psychology Departments in various universities.  
Answer: Answers will vary
- 293) What is the distinction between clinical psychologists and psychiatrists?  
Answer: Answers will vary
- 294) What are five major specialty areas in psychology? What is the major focus of each?  
Answer: Answers will vary
- 295) Describe three important principles of time management.  
Answer: Answers will vary
- 296) What does educational psychology research tell us about the effects of directed questions on retention of information? Why do they have these effects?  
Answer: Answers will vary
- 297) What kinds of strategies are used by test-wise students when they take tests?  
Answer: Answers will vary
- 298) Explain the five steps involved in critically evaluating a research claim.  
Answer: Answers will vary
- 299) What are the potential costs of uncritical thinking and why?  
Answer: Answers will vary



- 300) Describe the structuralism, functionalism, and Gestalt approaches to psychology. Which psychological perspective did these approaches contribute to? Be sure to mention the names of important or relevant people associated with each approach.  
Answer: Answers will vary
- 301) Using the three levels of analysis (biological, psychological, and environmental) describe what is known about depression. What has research at each of these levels revealed about this disorder?  
Answer: Answers will vary
- 302) Explain what science is and contrast how science differs from everyday approaches to understanding behaviour. Be sure to include how science tries to minimize the everyday pitfalls in your answer.  
Answer: Answers will vary
- 303) What are the four primary goals of psychology? Give examples of how these goals would relate to a psychologist who is researching test anxiety. Relate these goals to yourself by giving examples of how they apply to your own life.  
Answer: Answers will vary
- 304) Summarize the research by Levine and his colleagues on student' beliefs about whether or not they would marry someone they didn't love. Is this an example of basic or applied research? Explain why.  
Answer: Answers will vary
- 305) Describe biological, psychodynamic, and behavioural perspectives. In your answer, be sure to discuss each perspective's 1) conception of human nature, 2) assumptions about the major causes of behaviour, and 3) predominant foci and methods of discovery.  
Answer: Answers will vary
- 306) Describe the humanistic, sociocultural, and cognitive perspectives. Mention which level of analysis (biological, psychological, or environmental) the perspectives tend to utilize. Note any major similarities or differences between the perspectives.  
Answer: Answers will vary
- 307) What is cognitive behaviourism? Explain how this perspective blends the behavioural perspective with the cognitive perspective.  
Answer: Answers will vary
- 308) Discuss Charles Darwin's theory of evolution and the process of natural selection. Which psychological perspective is evolutionary theory associated with? Describe how evolutionary theory has continued to "evolve" in the modern approaches of evolutionary psychology and sociobiology.  
Answer: Answers will vary

- 309) Explore the development of the behavioural perspective by discussing the contributions of the following people on the perspective: John Locke, Ivan Pavlov, John Watson, and B.F. Skinner.  
Answer: Answers will vary
- 310) Define psychoanalysis and repression and discuss how they relate to Freud's conception of the mind.  
Answer: Answers will vary
- 311) Outline five of the major areas of specialization within psychology specifying the area of focus for each of these areas. Also, briefly outline the typical level of training for a psychologist and state how the training of psychologists and psychiatrists differ.  
Answer: Answers will vary
- 312) The text specifies three levels of analysis and six perspectives on behaviour. Discuss how the six different perspectives can be related to these three levels of analysis.  
Answer: Answers will vary
- 313) Select any three of the six themes that are the foundation of psychology and explain their meaning.  
Answer: Answers will vary