

Chapter 1: What Is Psychology?

MULTIPLE CHOICE

1. Psychology is defined as the scientific study of
- behavior and mental processes.
 - diagnosing and treating behavioral disorders.
 - conscious and unconscious mental processes.
 - the mind.

ANS: A DIF: 1 REF: Psychology as a Science
OBJ: 1 MSC: TYPE: Factual

2. The scientific study of behavior and mental processes describes
- behaviorism.
 - psychoanalysis.
 - psychology.
 - clinical psychology.

ANS: C DIF: 1 REF: Psychology as a Science
OBJ: 1 MSC: TYPE: Factual

3. Eduardo DeLeon is engaged in scientific research involving the study of behavior and mental processes. DeLeon is a
- psychotherapist.
 - psychoanalyst.
 - psychiatrist.
 - psychologist.

ANS: D DIF: 2 REF: Psychology as a Science
OBJ: 1 MSC: TYPE: Applied

4. As a science, psychology has four goals. Which of the following is **NOT** one of those goals?
- eliminate behavior
 - explain behavior
 - predict behavior
 - control behavior

ANS: A DIF: 1 REF: Psychology as a Science
OBJ: 1 MSC: TYPE: Factual

5. Dr. Kowalski believes that the reason the children he has observed on the playground are so aggressive with each other is because of the type of TV programs they watch. This is an example of which goal of psychology?
- describe
 - explain
 - predict
 - control

ANS: A DIF: 2 REF: Psychology as a Science
OBJ: 1 MSC: TYPE: Applied

6. A _____ proposes a relationship among observed events.
- science
 - theory
 - prediction
 - school of psychology

ANS: B DIF: 1 REF: Psychology as a Science
OBJ: 1 MSC: TYPE: Factual

7. A satisfactory psychological theory of thirst would
- be able to predict when people will or will not drink.
 - be able to explain age-related drinking behavior.
 - both a and b.
 - none of these.

ANS: C DIF: 2 REF: Psychology as a Science
OBJ: 1 MSC: TYPE: Conceptual

8. Theories allow psychologists to make _____, such as a client's chance of recovery.
- descriptions
 - explanations
 - predictions
 - beliefs

ANS: C DIF: 2 REF: Psychology as a Science
OBJ: 1 MSC: TYPE: Applied

9. Which of the following is **NOT** true of psychological theories?
- Theories make assumptions about behavior.
 - Theories explain behavior and mental processes.
 - Theories are used to make predictions.
 - Theories are always discarded as new observations are made.

ANS: D DIF: 2 REF: Psychology as a Science
OBJ: 1 MSC: TYPE: Factual

10. The clinical psychologist's aim in applying prediction and control goals to a client's behavior is to
- decide the treatment.
 - help the client meet his or her treatment objectives.
 - allow the client a narrow range of options for his or her behavior.
 - use a database to formulate a treatment for the client.

ANS: B DIF: 2 REF: Psychology as a Science
OBJ: 1 MSC: TYPE: Applied

11. Dr. Rossini is developing a training program to help a young woman with mental retardation to sort clothes in the laundry of the residential facility in which she lives. Whenever she performs her job according to the protocol, she receives a reward. If she does not stay on task, she receives no reward. Dr. Rossini is involved in
- pure research.
 - basic research.
 - psychoanalysis.
 - the practice of psychology.

ANS: D DIF: 2 REF: What Psychologists Do
OBJ: 2 MSC: TYPE: Applied

12. The results of _____ research in the study of perceptual development in lower animals are often useful in formulating the treatment of visual disorders in humans.
- pure
 - basic
 - controlled
 - action

ANS: A DIF: 2 REF: What Psychologists Do
OBJ: 2 MSC: TYPE: Conceptual

13. Applied research is research undertaken
- a. with humans.
 - b. with lower animals.
 - c. for its own sake.
 - d. to find solutions to specific problems.

ANS: D DIF: 1 REF: What Psychologists Do
OBJ: 2 MSC: TYPE: Factual

14. The difference between pure and applied research is the difference between
- a. prediction and control.
 - b. practice and theory.
 - c. research for its own sake and research to solve specific problems.
 - d. application and adaptation.

ANS: C DIF: 1 REF: What Psychologists Do
OBJ: 2 MSC: TYPE: Conceptual

15. Research using computers to understand artificial intelligence is an example of _____ research.
- a. pure
 - b. applied
 - c. longitudinal
 - d. none of these

ANS: A DIF: 2 REF: What Psychologists Do
OBJ: 2 MSC: TYPE: Applied

16. Which of these is **NOT** one of the three main things psychologists engage in?
- a. analyzing
 - b. practice
 - c. research
 - d. teaching

ANS: A DIF: 1 REF: What Psychologists Do
OBJ: 2 MSC: TYPE: Factual

17. Dr. Langer is treating a college student for depression in his private practice. Most likely Dr. Langer is a(n) _____ psychologist.
- a. counseling
 - b. school
 - c. educational
 - d. clinical

ANS: D DIF: 2 REF: What Psychologists Do
OBJ: 2 MSC: TYPE: Applied

18. Jean, a divorced mother with two children, married Harry, a widower with a teenage daughter. From the onset of her relationship with Harry, Jean had difficulty in relating to his daughter. Once married, the family problems between stepmother and stepdaughter became exacerbated. Who would be the most appropriate to consult?
- a. a developmental psychologist
 - b. an educational psychologist
 - c. a counseling psychologist
 - d. an organizational psychologist

ANS: C DIF: 2 REF: What Psychologists Do
OBJ: 2 MSC: TYPE: Applied

19. Diagnosing the severity of mental illness and behavior problems is usually the job of a(n) _____ psychologist.

- a. clinical
- b. counseling
- c. school
- d. educational

ANS: A DIF: 1 REF: What Psychologists Do
OBJ: 2 MSC: TYPE: Conceptual

20. School psychologists are employed by school districts to

- a. develop achievement and aptitude tests.
- b. identify and assist students who have problems that interfere with their learning.
- c. study hereditary and environmental influences on the development of students.
- d. develop instructional methods for teachers to employ.

ANS: B DIF: 2 REF: What Psychologists Do
OBJ: 2 MSC: TYPE: Factual

21. Interpretation of a client's symptoms is to a clinical psychologist as the development of an achievement test is to a(n) _____ psychologist.

- a. social
- b. developmental
- c. educational
- d. personality

ANS: C DIF: 2 REF: What Psychologists Do
OBJ: 2 MSC: TYPE: Conceptual

22. Dr. Kendall is interested in the effects of teacher style (warm and supportive versus formal and objective) on the learning of mathematics by sixth graders. Most likely, Dr. Kendall is a(n) _____ psychologist.

- a. educational
- b. personality
- c. school
- d. experimental

ANS: A DIF: 2 REF: What Psychologists Do
OBJ: 2 MSC: TYPE: Applied

23. _____ psychologists study the relationship between genetic and environmental factors on growth of the individual through the life span.

- a. Health
- b. Personality
- c. Developmental
- d. Social

ANS: C DIF: 1 REF: What Psychologists Do
OBJ: 2 MSC: TYPE: Factual

24. The study of human traits and characteristics is of interest to _____ psychologists.

- a. clinical
- b. personality
- c. community
- d. social

ANS: B DIF: 1 REF: What Psychologists Do
OBJ: 2 MSC: TYPE: Factual

25. _____ psychologists are concerned with racism, sexism, and ageism.

- a. Environmental
- b. Personality
- c. Forensic
- d. Social

ANS: D DIF: 2 REF: What Psychologists Do
OBJ: 2 MSC: TYPE: Conceptual

26. _____ psychologists focus on the influence of groups on behavior, while _____ psychologists focus on the influence of an individual's traits on behavior.

- a. Personality; Social
- b. School; Educational
- c. Social; Personality
- d. Educational; School

ANS: C DIF: 2 REF: What Psychologists Do
OBJ: 2 MSC: TYPE: Factual

27. A theory that divides human behavior into two basic traits, introversion and extraversion, was probably formulated by a _____ psychologist.

- a. developmental
- b. personality
- c. human factors
- d. clinical

ANS: B DIF: 2 REF: What Psychologists Do
OBJ: 2 MSC: TYPE: Applied

28. How the group affects the individual and the effects of the individual on the group are the concerns of _____ psychologists.

- a. clinical
- b. consumer
- c. sport
- d. social

ANS: D DIF: 2 REF: What Psychologists Do
OBJ: 2 MSC: TYPE: Conceptual

29. An environmental psychologist would study all of the following **EXCEPT**:

- a. how extreme temperatures influence human behavior
- b. how loud noises interfere with human concentration
- c. how human behavior affects the natural environment
- d. how athletes improve their performance

ANS: D DIF: 2 REF: What Psychologists Do
OBJ: 2 MSC: TYPE: Conceptual

30. Which of the following psychologists is most likely to conduct pure research?

- a. experimental
- b. organizational
- c. consumer
- d. human factors

ANS: A DIF: 2 REF: What Psychologists Do
OBJ: 2 MSC: TYPE: Conceptual

31. Industrial psychologists and organizational psychologists study the behavior of people in _____.

- a. workplaces.
- b. research laboratories.
- c. universities.
- d. court rooms.

ANS: A DIF: 1 REF: What Psychologists Do
OBJ: 2 MSC: TYPE: Factual

32. An organizational psychologist is most likely to study people in

- a. court rooms.
- b. businesses.
- c. sports.
- d. schools.

ANS: B

DIF: 1

REF: What Psychologists Do

OBJ: 2

MSC: TYPE: Factual

33. The design of the instrument layout of a new helicopter was carried out by industrial engineers in consultation with _____ psychologists.

- a. consumer
- b. experimental
- c. industrial
- d. human factors

ANS: D

DIF: 2

REF: What Psychologists Do

OBJ: 2

MSC: TYPE: Applied

34. After an advertising campaign with a catchy jingle failed to generate sales for a new shampoo, the advertising director hired Dr. Faith Brewster to analyze the defective campaign and to propose an alternative approach. Faith is most likely a(n) _____ psychologist.

- a. consumer
- b. social
- c. organizational
- d. human factors

ANS: A

DIF: 2

REF: What Psychologists Do

OBJ: 2

MSC: TYPE: Applied

35. As much as she tried to lose weight, Pauline could not achieve her goal of 15% weight loss. Accordingly, she made an appointment to consult with Dr. Richman, a _____ psychologist.

- a. clinical
- b. counseling
- c. human factors
- d. health

ANS: D

DIF: 2

REF: What Psychologists Do

OBJ: 2

MSC: TYPE: Applied

36. A fitness center was looking for someone to direct a new program that linked diet to an exercise program. The center's director wanted to hire someone with a background in stress management and the control of health problems. Most likely, she was looking for a(n)

- a. personal trainer.
- b. sports psychologist.
- c. health psychologist.
- d. aerobics instructor.

ANS: C

DIF: 2

REF: What Psychologists Do

OBJ: 2

MSC: TYPE: Applied

37. A _____ psychologist examines ways in which lifestyle, habits, and attitudes are related to heart disease, cancer and diabetes.

- a. clinical
- b. health
- c. counseling
- d. forensic

ANS: B

DIF: 1

REF: What Psychologists Do

OBJ: 2

MSC: TYPE: Factual

38. Josephine is a track athlete who does not perform well under extreme pressure to win. With what type of psychologist should she consult?
- a. counseling psychologist
 - b. industrial psychologist
 - c. health psychologist
 - d. sports psychologist

ANS: D DIF: 1 REF: What Psychologists Do
OBJ: 2 MSC: TYPE: Applied

39. A forensic psychologist may be involved in any of the following activities **EXCEPT**:
- a. testing the mental health of a defendant in a criminal trial.
 - b. analyzing criminal behavior patterns.
 - c. consulting with attorneys about selecting jury members.
 - d. developing standardized intelligence tests.

ANS: D DIF: 2 REF: What Psychologists Do
OBJ: 2 MSC: TYPE: Conceptual

40. Each of these ancient Greek philosophers contributed to the field of psychology **EXCEPT**
- a. Aristotle.
 - b. Democritus.
 - c. Pythagoras.
 - d. Socrates.

ANS: C DIF: 1 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual

41. The first person to show how scientific methods could be used to investigate psychological phenomena was
- a. Wilhelm Wundt.
 - b. William James.
 - c. Charles Darwin.
 - d. Gustav Fechner.

ANS: D DIF: 2 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual

42. Yolanda gives a careful description of all of her thoughts, experiences, and emotions after she underwent a “near-death” experience in which she felt herself leaving her body. The method Yolanda and the researcher are using is called
- a. insight.
 - b. self-revelation.
 - c. recovered memory.
 - d. introspection.

ANS: D DIF: 2 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Applied

43. What distinguished Wilhelm Wundt’s contribution from other contributions to psychology?
- a. He wrote the first textbook of psychology.
 - b. He defined psychology as the science of behavior.
 - c. He established psychology as a laboratory science.
 - d. He studied insight in lower animals.

ANS: C DIF: 2 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual

44. Wilhelm Wundt founded the school of psychology called
- a. functionalism.
 - b. psychoanalysis.
 - c. behaviorism.
 - d. structuralism.

ANS: D DIF: 1 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual

45. Under the school of structuralism, Wundt used a method called _____ to look into one's own objective sensations and subjective feelings.
- a. conditioning
 - b. psychoanalysis
 - c. introspection
 - d. insight

ANS: C DIF: 2 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual

46. Wilhelm Wundt felt that the object of psychology was the study of the mind as a natural event and that the best way to approach the study of psychology was to
- a. break down conscious experience into basic elements.
 - b. focus on the continuity between conscious experience and behavior.
 - c. analyze the relationship between sensory stimuli and behavior.
 - d. determine the functions of conscious experience.

ANS: A DIF: 2 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual

47. Structuralism defined experience in terms of
- a. behavioral tendencies and habits.
 - b. the continuity of consciousness and unconscious processes.
 - c. the functions of consciousness.
 - d. sensations, feelings, and mental images.

ANS: D DIF: 1 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual

48. Functionalism was established by
- a. G. Stanley Hall.
 - b. Wilhelm Wundt.
 - c. John Watson.
 - d. William James.

ANS: D DIF: 1 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual

49. Which of the following statements is most likely to have been made by a functionalist psychologist?
- a. The mind is composed of discrete elements.
 - b. Perception is greater than the sum of its parts.
 - c. The only object of psychology is the study of behavior.
 - d. Adaptation to the environment is the purpose of mental processes and behavior.

ANS: D DIF: 2 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Conceptual

50. The school of psychology that emphasizes the purposes of mind and behavior and views consciousness as a continuous, not discrete, process is called
- a. functionalism.
 - b. behaviorism.
 - c. structuralism.
 - d. psychoanalysis.

ANS: A DIF: 1 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual

51. A functionalist would disagree with which of the following statements?
- a. Consciousness can be broken down into elemental parts.
 - b. Consciousness is a continuous process.
 - c. Behavior and mental processes are adaptive.
 - d. all of these

ANS: A DIF: 2 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Conceptual

52. Charles Darwin's theory of evolution predicted that organisms that survived and reproduced were _____ than those less fit.
- a. more intelligent
 - b. better adapted to the environment
 - c. more conscious of their surroundings
 - d. better at problem solving

ANS: B DIF: 2 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual

53. The functionalists expanded the study of psychology to include behavior as well as consciousness and asked how mental processes and behavior
- a. were broken down into sensations, feelings, and thoughts.
 - b. were part of the unconscious.
 - c. led the individual to self-knowledge.
 - d. assisted the organism to adapt to the environment.

ANS: D DIF: 2 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual

54. John B. Watson argued for a psychology based on the study of
- a. stream of consciousness.
 - b. unconscious mental processes.
 - c. measurable behavior.
 - d. sensation, feelings, and mental images.

ANS: C DIF: 1 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual

55. John B. Watson established _____ as a school of psychology.
- a. behaviorism
 - b. functionalism
 - c. structuralism
 - d. psychoanalysis

ANS: A DIF: 1 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual

56. John Watson proposed a definition of psychology that omitted all of the following **EXCEPT**
- mental processes.
 - behavior.
 - consciousness.
 - feelings and thoughts.
- ANS: B DIF: 1 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Conceptual
57. B. F. Skinner made major contributions to
- structuralism.
 - functionalism.
 - behaviorism.
 - Gestalt psychology.
- ANS: C DIF: 1 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual
58. Ted taught his cat to turn in a circle every time he waved his hand in a circular motion. After the response Ted would pet the cat and give it a treat. From Skinner's perspective the treat would be considered a
- bribe.
 - stimulus.
 - reinforcer.
 - control.
- ANS: C DIF: 2 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Conceptual
59. B. F. Skinner studied learning in lower animals by using
- reinforcement.
 - insight.
 - introspection.
 - trial and error.
- ANS: A DIF: 1 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual
60. Watson and Skinner had one objective in common, which was the
- treatment of disorders.
 - explanation of behavior through conditioning/reinforcement.
 - use of mental imagery.
 - discovery of unconscious conflicts.
- ANS: B DIF: 3 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Conceptual
61. The school of psychology that emphasized the organization of perceptual experience into wholes and the integration of separate stimuli into meaningful patterns is termed
- psychoanalysis.
 - functionalism.
 - structuralism.
 - Gestalt psychology.
- ANS: D DIF: 2 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual
62. Behaviorism is to learning theory as Gestalt psychology is to
- psychotherapy.
 - adaptation to the environment.
 - perception.
 - habit.
- ANS: C DIF: 2 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Conceptual

63. Gestalt psychologists believed that problem solving is not always accomplished by mechanical repetition but rather is accomplished by sudden _____ in which a solution is found.

a. insight
b. reinforcement
c. introspection
d. evolution

ANS: A DIF: 1 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Conceptual

64. For the Gestalt psychologists, learning was largely a matter of
- a. trial and error.
b. insight and understanding.
c. rote practice and repetition.
d. habit and environmental adaptation.

ANS: B DIF: 2 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual

65. In his research on problem solving in chimpanzees, Kohler concluded that the chimp suddenly solved a problem and reached the banana because of
- a. intelligence.
b. reinforcement.
c. environmental clues.
d. insight.

ANS: D DIF: 2 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual

66. Which of these sayings would a Gestalt psychologist most likely agree with?
- a. "If you can conceive it and believe it, you can achieve it."
b. "Monkey see, monkey do."
c. "The whole is greater than the sum of its parts."
d. "What you see is what you get."

ANS: C DIF: 3 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Conceptual

67. Psychoanalysis emphasizes unconscious processes while behaviorism emphasizes
- a. perception.
b. observation.
c. sensation.
d. introspection.

ANS: B DIF: 2 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Conceptual

68. The school of psychology that places unconscious impulses and desires at the center of human behavior is
- a. psychoanalysis.
b. structuralism
c. functionalism.
d. Gestalt psychology.

ANS: A DIF: 1 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual

69. The psychodynamic theory of human motivation centers on
- a. insight.
b. the unconscious.
c. reinforcement.
d. introspection.

ANS: B DIF: 2 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual

70. Psychoanalysis differs from structuralism, functionalism and behaviorism in that it is also a method of
- a. scientific inquiry.
 - b. introspection.
 - c. self-knowledge.
 - d. psychotherapy.

ANS: D DIF: 2 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Conceptual

71. Freud's technique of psychotherapy is called
- a. reality therapy.
 - b. insight therapy.
 - c. psychoanalysis.
 - d. behavior therapy.

ANS: C DIF: 1 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual

72. Which of the following statements distinguishes psychoanalysis from other schools of psychology?
- a. Unconscious processes have the greatest impact on behavior.
 - b. Learning is the basis of behavior.
 - c. Humans are potentially good.
 - d. The sum of the parts is more important than the separate parts.

ANS: A DIF: 2 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Conceptual

73. _____ oriented psychologists use techniques such as CAT scans, PET scans, and electrical stimulation of the brain to show that specific sites in the brain mediate thoughts, emotions, and behavior.
- a. Cognitively
 - b. Psychodynamically
 - c. Socioculturally
 - d. Biologically

ANS: D DIF: 2
REF: How Today's Psychologists View Behavior and Mental Processes
OBJ: 4 MSC: TYPE: Factual

74. Psychologists with a biological perspective study the links between _____ and behavior.
- a. brain activity
 - b. hormone activity
 - c. heredity
 - d. all of these

ANS: D DIF: 2
REF: How Today's Psychologists View Behavior and Mental Processes
OBJ: 4 MSC: TYPE: Conceptual

75. Dr. Levy studies the influences of hormones in determining maternal behavior and sexual behavior in rats. Levy is most probably a
- a. Gestalt psychologist.
 - b. behavioral psychologist.
 - c. biological psychologist.
 - d. psychoanalyst.

ANS: C DIF: 1
REF: How Today's Psychologists View Behavior and Mental Processes
OBJ: 4 MSC: TYPE: Applied

76. The statement that the mental state associated with being in love can be reduced to chemical changes in the brain is most likely to be made by a psychologist taking the _____ perspective.
- a. biological
 - b. learning
 - c. cognitive
 - d. sociocultural

ANS: A

DIF: 2

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4

MSC: TYPE: Conceptual

77. Cognitive psychologists would be least interested in
- a. mental representations.
 - b. memory.
 - c. perception.
 - d. behavior in social settings.

ANS: D

DIF: 2

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4

MSC: TYPE: Conceptual

78. Cognitive psychologists are specifically interested in studying
- a. animal learning and motivation.
 - b. genetic and hormonal effects on behavior.
 - c. human thinking and memory.
 - d. introspection and behavioral disorders.

ANS: C

DIF: 1

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4

MSC: TYPE: Factual

79. Neural processing is to the biological perspective as information processing is to the _____ perspective.
- a. humanistic-existential
 - b. psychodynamic
 - c. learning
 - d. cognitive

ANS: D

DIF: 3

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4

MSC: TYPE: Conceptual

80. In reviewing the contents of several psychology journals, a graduate student noted a marked increase in the number of articles on memory and thinking over the past dozen years. He concluded that there was increased interest in the _____ perspective.
- a. learning
 - b. psychodynamic
 - c. biological
 - d. cognitive

ANS: D

DIF: 1

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4

MSC: TYPE: Applied

81. The humanistic-existential perspective unites _____ and _____ as central principles to its approach.
- a. brain; behavior
 - b. self-fulfillment; free choice
 - c. mental processes; consciousness
 - d. culture; values

ANS: B

DIF: 2

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4 MSC: TYPE: Factual

82. Lydia Corfield, a humanistic-existential psychotherapist, is most likely to make which of the following statements to her clients about their objectives for therapy?
- a. We will lay out a program to extinguish your disordered behavior and condition appropriate behavior.
 - b. We will uncover the unconscious ideas that are at the source of your disorder.
 - c. You need to identify the ethnic and social and environmental factors that may be at the root of your mental disorder.
 - d. You will explore your perceptions and decisions in order to discover who you really are.

ANS: D

DIF: 2

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4 MSC: TYPE: Conceptual

83. Cathy was a very successful real estate agent. At age 36 she decided to donate her wealth to charity and become a missionary in Haiti, where she has been living in relative contentment for the past two years. Which perspective would best explain Cathy's behavior?
- a. psychodynamic
 - b. social-cognitive
 - c. humanistic-existential
 - d. developmental

ANS: C

DIF: 3

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4 MSC: TYPE: Applied

84. The view that people have the freedom to choose and be responsible for their own behavior represents the _____ perspective.
- a. sociocultural
 - b. humanistic-existential
 - c. cognitive
 - d. psychodynamic

ANS: B

DIF: 2

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4 MSC: TYPE: Factual

85. Which perspective dominated psychotherapy during the 1940s and 1950s?
- a. sociocultural
 - b. humanistic-existential
 - c. cognitive
 - d. psychodynamic

ANS: B

DIF: 1

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4 MSC: TYPE: Factual

86. In comparison to traditional psychoanalysts, neoanalysts place less emphasis on
- a. conscious choice.
 - b. unconscious processes.
 - c. scientific research.
 - d. psychotherapy.

ANS: B

DIF: 1

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4 MSC: TYPE: Factual

87. _____ psychologists take the position that learning is essential in describing, predicting, controlling, and explaining behavior.
- a. Neoanalytic
 - b. Behavioral
 - c. Humanistic-existential
 - d. Biological

ANS: B

DIF: 2

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4 MSC: TYPE: Factual

88. Both social-cognitive theorists and behaviorists adhere to the _____ perspective.
- a. humanistic-existential
 - b. learning
 - c. psychoanalytic
 - d. sociocultural

ANS: B

DIF: 1

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4 MSC: TYPE: Factual

89. Five-year-old Todd watched his father at his workbench, hammering together a birdhouse. Soon Todd was next to his father, hammer in hand, tapping the workbench. Todd's behavior is best described by which perspective?
- a. social-cognitive
 - b. behavioral
 - c. sociocultural
 - d. neoanalytic

ANS: A

DIF: 2

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4 MSC: TYPE: Applied

90. A distinction between behavioral and social-cognitive perspectives is that the former emphasizes _____, and the latter emphasizes _____ in learning.
- a. brain processes; social processes
 - b. conditioning; development
 - c. introspection; self-determination
 - d. reinforcement; observation

ANS: C

DIF: 2

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4 MSC: TYPE: Factual

91. Jean Blake, a psychiatrist who is strongly influenced by the social-cognitive perspective, is most likely to take which approach in treating a male client who is extremely shy of females?
- Condition positive emotional responses to women.
 - Observe and imitate models engaged in social interactions with women.
 - Prescribe anti-anxiety medication for him to take before going out with a woman.
 - Uncover the unconscious conflicts in the approach and avoidance of women.

ANS: B

DIF: 3

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4

MSC: TYPE: Applied

92. The issues of ethnicity, gender, and socioeconomic status are the concerns of the _____ perspective.
- sociocultural
 - humanistic-existential
 - psychoanalytic
 - social-cognitive

ANS: A

DIF: 1

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4

MSC: TYPE: Factual

93. Dr. Maloff is studying the effects of ethnic bias on the school performance of immigrant children. Most likely, Dr. Maloff is a _____ psychologist.
- psychoanalytic
 - behavioral
 - sociocultural
 - school

ANS: C

DIF: 2

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4

MSC: TYPE: Applied

94. Which of the following is **NOT** likely the concern of sociocultural psychologists?
- alcohol abuse among ethnic minority groups
 - color perception
 - gender roles
 - racial bias

ANS: B

DIF: 1

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4

MSC: TYPE: Conceptual

95. Dr. Rabin is studying whether Asian men are more or less likely to seek treatment for clinical depression as part of a larger study of Asian men's attitudes toward health issues. Dr. Rabin is most likely a(n) _____ psychologist.
- humanistic-existential
 - sociocultural
 - industrial
 - personality

ANS: B

DIF: 2

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4

MSC: TYPE: Applied

96. Dr. Jacobi is studying the effects of bilingualism on the intellectual development of children. She wants to know whether learning both English and Spanish has an impact on intelligence scores in both languages. Most likely, Dr. Jacobi follows a _____ perspective.
- a. psychoanalytic
 - b. humanistic-existential
 - c. learning
 - d. sociocultural

ANS: D

DIF: 2

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4

MSC: TYPE: Applied

97. The sociocultural perspective is concerned with the
- a. behavior of society.
 - b. influence of a group on the behavior of the individual.
 - c. issues of gender, ethnicity, and socioeconomic status.
 - d. makeup of social and cultural organizations.

ANS: C

DIF: 1

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4

MSC: TYPE: Factual

98. Membership in an ethnic group is defined by common features such as
- a. attitudes, values, and religion.
 - b. cultural heritage, language, and common history.
 - c. genetic variables.
 - d. socioeconomic status and political identity.

ANS: B

DIF: 1

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4

MSC: TYPE: Factual

99. Kenneth and Mamie Clark conducted research on the negative effects of _____ on African American children.
- a. intelligence testing
 - b. extra-curricular activities
 - c. school segregation
 - d. music instruction

ANS: C

DIF: 2

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4

MSC: TYPE: Factual

100. Whose research on the negative effects of school segregation on African American children was cited by the United States Supreme Court when it overturned the "separate but equal" school doctrine in 1954?
- a. The Watsons
 - b. The Clarks
 - c. The Rumbaughes
 - d. The Sherifs

ANS: B

DIF: 3

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4

MSC: TYPE: Factual

101. _____ refers to the concepts of femininity and masculinity that are defined by one's culture.
- a. Gender
 - b. Sex
 - c. Identity
 - d. Prejudice

ANS: A DIF: 1

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4 MSC: TYPE: Factual

102. Prior to becoming the first female president of the APA, Mary Whiton Calkins
- a. was denied a doctorate at Harvard University because of her gender.
 - b. attended Harvard as a guest because they did not accept female students.
 - c. was offered, but declined, a doctorate at Radcliff college for women.
 - d. All of these are true.

ANS: D DIF: 2

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4 MSC: TYPE: Factual

103. Contributions to psychology by women researchers include research on all of the following topics **EXCEPT**
- a. parent-child attachment.
 - b. inaccuracies of memory.
 - c. primacy and recency effects.
 - d. introspection in research.

ANS: D DIF: 2

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4 MSC: TYPE: Factual

104. Critical thinking is associated with
- a. skepticism.
 - b. respect.
 - c. disbelief.
 - d. opposition.

ANS: A DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

105. Amy listened to the salesperson describe the qualities of a well-known sport utility vehicle that she was considering buying. She asked about the gas mileage, road stability, and frequency of repairs. The salesperson assured her that this model had the best record in its class on all of the variables. She checked the salesperson's answers against the ratings in a consumer's guide and brought the discrepancies to his attention. We can say that Amy is
- a. feisty.
 - b. skeptical.
 - c. argumentative.
 - d. a 'know-it-all.'

ANS: B DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Applied

106. After the political debate, Nikki went to the town hall to find out which candidate's claims were best supported by the government documents on file there. Nikki can be described as
- a difficult person.
 - cynical about politicians' claims.
 - a critical thinker.
 - prone to argue.

ANS: C

DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Applied

107. A form of reasoning characterized by skepticism and thoughtful analysis of statements and arguments defines
- critical thinking.
 - point and counterpoint.
 - rational mental processes.
 - self-interest.

ANS: A

DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

108. Which of the following is **NOT** a principle of critical thinking?
- Be skeptical.
 - Consider the credentials of the authority.
 - Examine the assumptions of arguments.
 - Examine the definitions of terms.

ANS: B

DIF: 3

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

109. In terms of principles of critical thinking, the statement "Intelligence is genetically based" needs to be examined for its
- assumptions or premises.
 - definition of intelligence.
 - oversimplification of the question.
 - all of these.

ANS: D

DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Conceptual

110. The scientific method allows us to
- support popular opinion.
 - maintain traditions.
 - justify our values.
 - test ideas and refine knowledge.

ANS: D

DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

111. A(n) _____ is a specific statement about behavior or mental processes that is tested through research.
- observation
 - scientific method
 - theory
 - hypothesis

ANS: D

DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

112. Which of the following is a valid hypothesis?
- a. Viewing TV violence increases the likelihood of aggressive behavior in children.
 - b. Viewing TV violence may influence children's behavior.
 - c. Viewing TV violence is unlikely to change children's behavior.
 - d. None of these.

ANS: A DIF: 3

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Conceptual

113. A hypothesis is an assumption or a best guess that
- a. becomes a selection factor in research.
 - b. can be tested by gathering evidence.
 - c. is accepted if it is popular.
 - d. provides an operational definition.

ANS: B DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Conceptual

114. If participants are able to choose treatment in a scientific study, this is called a _____ that is a source of bias that could influence the results.
- a. correlation
 - b. selection factor
 - c. hypothesis
 - d. placebo

ANS: B DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Conceptual

115. A doctor concludes from evidence that having yearly physical exams helps people stay healthy. However, she has not considered the risk of a selection factor; thus, the doctor may ignore the possibility that
- a. healthy people may schedule exams more often than others.
 - b. hypochondriacs do the same thing.
 - c. people who are sick go to the doctor more often.
 - d. some people have better genes than others.

ANS: A DIF: 3

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Applied

116. As a scientist, you try not to speculate or draw conclusions when you do not have evidence. This approach is consistent with your use of
- a. common sense.
 - b. personal experience.
 - c. good economic decisions.
 - d. the scientific method.

ANS: D DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Conceptual

117. In selecting research participants, the results can be generalized if the sample represents the
- a. ideas of the researcher.
 - b. commonsense views of the times.
 - c. target population.
 - d. theory in question.

ANS: C

DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Factual

118. A _____ is a segment of a population that is targeted for study.
- a. sample
 - b. group
 - c. team
 - d. all of these

ANS: A

DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Factual

119. Dr. Davis wants to study the TV viewing habits of elementary school children. He selects 50 children from local schools to participate in his research. These groups of students would be considered the
- a. population.
 - b. sample.
 - c. representative group.
 - d. none of these.

ANS: B

DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Applied

120. If you conclude that the participants in a study are a representative sample, then you can _____ from the research sample to the larger population.
- a. replicate
 - b. speculate
 - c. generalize
 - d. conclude

ANS: C

DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Applied

121. In a _____, each member of a population has an equal chance of being selected to participate.
- a. random sample
 - b. selection sample
 - c. stratified sample
 - d. free sample

ANS: A

DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Factual

122. If 12% of the American population is Hispanic, what percentage of a stratified sample would be Hispanic?
- a. 6%
 - b. 24%
 - c. 12%
 - d. 88%

ANS: C

DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Applied

123. Would a sample of children from an affluent suburban school district be considered a representative sample of American children?
- a. No, because affluent suburban schools tend to be less racially, ethnically, and economically diverse than the nation as a whole.
 - b. No, because they are nothing like the average American child.
 - c. Yes, because public education is available to all children.
 - d. Yes, because they have all the advantages and none of the disadvantages.

ANS: A

DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Applied

124. The bias stemming from the likelihood that those who offer to participate in certain kinds of surveys differ systematically from those who are less likely to offer is known as
- a. selection factors.
 - b. volunteer bias.
 - c. self-selection.
 - d. stratified selection.

ANS: B

DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Factual

125. Which of these is **NOT** one of the controlled ways that scientists utilize to observe others?
- a. naturalistic observation
 - b. scientific observation
 - c. survey
 - d. case study

ANS: B

DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Factual

126. A _____ is a method of collecting information about individuals or small groups.
- a. correlation
 - b. journal
 - c. survey
 - d. case study

ANS: D

DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Factual

127. Case study methods are often used to study _____ cases.
- a. controversial
 - b. rare
 - c. stratified
 - d. random

ANS: B

DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Factual

128. The _____ method(s) of observation may produce inaccurate results because of inaccuracies in people's memory.
- a. case study
 - b. naturalistic observation
 - c. survey
 - d. case study and survey

ANS: D

DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Factual

129. The _____ method uses interviews and questionnaires to collect information from large numbers of people.
- a. case study
 - b. scientific
 - c. experimental
 - d. survey

ANS: D DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

130. One explanation for the failure of a survey to predict events is that the survey participants do not _____ the general population.
- a. influence
 - b. select
 - c. represent
 - d. limit

ANS: C DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Conceptual

131. An advantage of survey research is that
- a. it allows you to get in-depth information.
 - b. it allows you to have a large sample size.
 - c. it allows you to work in a lab.
 - d. it is less subject to volunteer bias.

ANS: B DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

132. Working for a consumer research organization, a woman needs to learn about behavior that she can neither observe in its natural setting nor study experimentally. She probably will use the _____ method.
- a. observational
 - b. case study
 - c. experimental
 - d. survey

ANS: D DIF: 3

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Applied

133. All of the following are disadvantages of survey research **EXCEPT** which?
- a. Respondents may answer in a way that they think is socially desirable.
 - b. Respondents may answer the questions in the comfort of their own home.
 - c. Respondents may have inaccurate self-reports.
 - d. Respondents may lie about or exaggerate their own behavior.

ANS: B DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Applied

134. In _____, researchers study behavior where it actually happens, or “in the field.”
- a. experiments
 - b. correlational research
 - c. naturalistic observations
 - d. case studies

ANS: C

DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Factual

135. Jane Goodall studied chimpanzees by means of the _____ method.
- a. case study
 - b. naturalistic observation
 - c. survey
 - d. experimental

ANS: B

DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Factual

136. You are interested in studying whether preschool boys engage in more aggressive play than preschool girls. You decide to watch children playing in a day care setting. You are using the _____ method.
- a. case study
 - b. interview
 - c. cause-effect
 - d. naturalistic observation

ANS: D

DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Applied

137. If you want to be certain that the behavior of interest to your research is as natural as possible, you will want to use a(n)
- a. laboratory procedure.
 - b. expert interviewer.
 - c. naturalistic observation.
 - d. validity scale.

ANS: C

DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Conceptual

138. Unobtrusive measures strive to minimize _____ during naturalistic observation.
- a. experimenters' expectations
 - b. inaccurate reporting
 - c. interference with the behaviors being observed
 - d. the time involved

ANS: C

DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Factual

139. You decide to observe the behavior of children in day care. A few days before you are to start data collection you go the center and sit quietly to the side of the room. When the children speak to you, you respond as little as possible. You are
- attempting to be unobtrusive.
 - not going to get good data if you do not interact.
 - probably not very good with children.
 - trying to warm up the children so that they notice you.

ANS: A DIF: 3

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Applied

140. By using the _____ method, researchers investigate whether observed behavior or a measured trait is related to another behavior or trait.
- correlational
 - statistical
 - experimental
 - survey

ANS: A DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

141. A correlation coefficient is a number
- indicating the percentile of a score.
 - representing a location on the normal curve.
 - that expresses the strength and direction of a relationship between two variables.
 - that presents the average relationship.

ANS: C DIF: 3

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Conceptual

142. You design a test of intelligence. Based on the idea that intelligence is related to academic performance, you use _____ to test the relationship between performance on your new test and grades in school.
- an experimental method
 - a test-retest method
 - the correlational method
 - naturalistic observation

ANS: C DIF: 3

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Applied

143. Which represents the strongest correlation?
- + .97
 - .90
 - + .09
 - .99

ANS: D DIF: 3

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Conceptual

144. Which of the following is most likely a correlation coefficient for a relationship between stress and health?

- a. -0.78
- b. +1
- c. 0
- d. +0.98

ANS: A DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Conceptual

145. Which of the following is reported as a negative correlation?

- a. intelligence and academic achievement
- b. stress and health
- c. studying and academic achievement
- d. studying and GPA

ANS: B DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Conceptual

146. Which of the following is likely to be reported as a positive correlation?

- a. salary and years of education
- b. age and incidence of illness
- c. studying and GPA
- d. all of these

ANS: D DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Conceptual

147. In correlational research, when one variable increases as the other variable decreases, it is a _____ correlation.

- a. positive
- b. dubious
- c. invalid
- d. negative

ANS: D DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Conceptual

148. A correlation of -.90 between two sets of test scores indicates that people who earned high scores on the first test generally earned _____ scores on the second.

- a. high
- b. average
- c. low
- d. reliable

ANS: C DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Conceptual

149. There is a good chance that we will find a _____ correlation between time spent watching TV and grades in school.

- a. perfect
- b. negative
- c. positive
- d. weak

ANS: B DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Applied

150. Which of the following is the weakest negative correlation?

- a. 0
- b. -.34
- c. -.92
- d. -.57

ANS: B DIF: 3

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Conceptual

151. The best research method to investigate cause and effect relationships between variables is

- a. observation.
- b. correlation.
- c. an experiment.
- d. a case study.

ANS: C DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

152. In an experiment, a group of participants that receives a dose of caffeine or a change in room temperature has received a _____.

- a. dependent variable
- b. treatment
- c. random effect
- d. consequence

ANS: B DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

153. If you wanted to study the effects of caffeine on sleep, you could vary the consumption levels of caffeine. The administration of caffeine is

- a. the treatment.
- b. the control.
- c. unethical.
- d. the dependent variable.

ANS: A DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Applied

154. For which of the following variables could a cause-effect relationship be found?

- a. alcohol consumption and aggression
- b. caffeine and hyperactivity
- c. exercise and stress relief
- d. all of these

ANS: D DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Conceptual

155. In an experiment, the presence of a(n) _____ is manipulated by the researchers so that its effects may be determined.

- a. dependent variable
- b. independent variable
- c. placebo
- d. observer

ANS: B DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

156. If you were to conduct an experiment on the effects of temperature on aggressive behavior, temperature would be the _____ variable.
- a. dependent
 - b. independent
 - c. hypothetical
 - d. correlated

ANS: B

DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Applied

157. The experimental group participants in an experiment receive
- a. no treatment.
 - b. the dependent variable.
 - c. the independent variable.
 - d. the same treatment as the control group participants.

ANS: C

DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

158. The measured outcomes or results in an experiment are called
- a. independent variables.
 - b. treatments.
 - c. dependent variables.
 - d. controls.

ANS: C

DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

159. In an experiment to determine the effects of alcohol consumption on aggression, aggressive behavior would be the
- a. treatment.
 - b. independent variable.
 - c. control variable.
 - d. dependent variable.

ANS: D

DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Applied

160. An experiment in which the independent variable is noise level and the dependent variable is resistance to distraction, the goal is to observe whether distractibility is a(n) _____ noise.
- a. cause of
 - b. correlate of
 - c. treatment for
 - d. effect of

ANS: D

DIF: 3

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Conceptual

161. In an experimental design, participants in an experimental group receive _____.
- a. no treatment
 - b. conditions
 - c. the treatment
 - d. the answers

ANS: C

DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

162. Participants who go through an experiment but who do not receive any treatment or manipulation are called the _____ group.

- a. self-selected
- b. random
- c. control
- d. experimental

ANS: C DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

163. You volunteer to participate in a research experiment. You participate in a variety of test procedures and interviews. Later, however, you learn that another group of participants had an experimental treatment that you and members of your group did not have. This is because you

- a. were disqualified.
- b. failed earlier tests.
- c. were in the control group.
- d. were in the treatment group.

ANS: C DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Applied

164. Blind and double-blind procedures are one way to control for the effects of _____ in experimental research.

- a. expectations
- b. high costs
- c. chance factors
- d. confounding variables

ANS: A DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

165. Examples of a _____ would be the use of a “sugar pill” instead of real medication or tonic water instead of an alcoholic beverage. However, the individual must believe that he or she is experiencing the real thing.

- a. confederate
- b. placebo
- c. treatment
- d. bias

ANS: B DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

166. The purpose of the use of a placebo is to control for the _____ of research participants.

- a. suspicions
- b. expectations/beliefs
- c. fears
- d. cooperation

ANS: B DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

167. Well-designed experiments control for the effects of expectations by creating conditions under which participants are unaware of, or _____, the treatment.
- a. blind to
 - b. indifferent to
 - c. unconscious of
 - d. singled out for

ANS: A DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

168. Experimenters may believe that a certain kind of treatment is effective. Consequently, experimenter expectations can bias research outcomes. One way to control for experimenter and participant bias is to
- a. be sure they understand ethics.
 - b. debrief them.
 - c. remind them of the importance of the research.
 - d. use the double-blind technique.

ANS: D DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Conceptual

169. In a _____ study, neither the experimenter nor the participants know who has obtained the real treatment.
- a. single blind
 - b. double-blind
 - c. confounded
 - d. debriefed

ANS: B DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

170. The Food and Drug Administration requires _____ before it will allow the marketing and sale of new drugs.
- a. double-blind studies
 - b. psychological testing
 - c. surveys
 - d. patient approval

ANS: A DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

171. When Lang demonstrated that belief that one has consumed alcohol influenced aggression, he demonstrated that controlling for _____ does influence the outcome of research.
- a. alcohol
 - b. experimenter bias
 - c. aggression
 - d. expectations

ANS: D DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

172. When you use procedures like placebos and double-blind conditions, you are attempting to set up _____ for factors that would make your experimental findings questionable.
- a. controls
 - b. treatments
 - c. selections
 - d. cases

ANS: A DIF: 3

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Conceptual

173. Ethical standards in human research allow researchers to balance interests in acquiring new information with concern about
- a. applied science.
 - b. unimpeded progress.
 - c. public approval.
 - d. dignity and human welfare.

ANS: D DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

174. The purpose of a(n) _____ is to review research studies and help researchers consider the areas of potential harm in their proposed studies.
- a. ethics review committee
 - b. grant-writing techniques
 - c. global communications
 - d. electronic methods

ANS: A DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

175. _____ procedures allow participants to review the demands of a research project before they participate and give them an opportunity to choose not to participate.
- a. Ethical review
 - b. Debriefing
 - c. Informed consent
 - d. Confidentiality

ANS: C DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

176. Psychologists and other researchers must protect and respect the privacy of research participants. This concern recognizes the requirement for
- a. informed consent.
 - b. ethics.
 - c. confidentiality.
 - d. scientific progress at all costs.

ANS: C DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Conceptual

177. _____ is a process of explaining the purposes and methods of the research after a study has been completed.
- a. Debriefing
 - b. Controlling
 - c. Reviewing
 - d. Consenting

ANS: A DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

178. The text makes an ethical critique of the Lang studies because the participants
- electrically shocked a person with a heart condition.
 - lacked informed consent.
 - were deceived.
 - were not debriefed.

ANS: C

DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Factual

179. When research cannot be carried out with human participants, researchers
- must abandon those issues.
 - often rely on volunteers.
 - rely on theoretical models.
 - often use animals.

ANS: D

DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Factual

180. Brain lesioning studies in rats have provided insights regarding
- abuses of animals in laboratories.
 - attachment in monkeys.
 - regulation of eating and eating disorders.
 - social evolution.

ANS: C

DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Factual

181. The benefits of animal research
- are obvious to everyone.
 - can never justify the loss of the animal's right to freedom.
 - cannot be demonstrated.
 - must justify the harm that might be done to an animal.

ANS: D

DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Factual

182. As an animal lover, you find it difficult to participate in the destruction of animals for research purposes. As a scientist, you
- fight the use of animal models by your colleagues.
 - know that these models are unjustified.
 - realize that ethical animal models are never uncomfortable for the animal.
 - understand the value of animal research and promote ethical standards.

ANS: D

DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Conceptual

COMPLETION

1. The science that studies behavior and mental processes is _____.

ANS: psychology

DIF: 1 REF: Psychology as a Science OBJ: 1
MSC: TYPE: Factual

2. _____ describe apparent relationships among observed events.

ANS: Theories

DIF: 1 REF: Psychology as a Science OBJ: 1
MSC: TYPE: Factual

3. _____ research has no immediate application to personal or social problems and has been characterized as research for its own sake.

ANS: Pure

DIF: 1 REF: What Psychologists Do OBJ: 2
MSC: TYPE: Factual

4. _____ research is conducted in an effort to find solutions to particular problems.

ANS: Applied

DIF: 1 REF: What Psychologists Do OBJ: 2
MSC: TYPE: Factual

5. _____ psychologists study the changes that occur throughout the life span.

ANS: Developmental

DIF: 1 REF: What Psychologists Do OBJ: 2
MSC: TYPE: Factual

6. _____ psychologists attempt to define human traits.

ANS: Personality

DIF: 1 REF: What Psychologists Do OBJ: 2
MSC: TYPE: Factual

7. Wilhelm Wundt and his students founded the school of psychology called _____.

ANS: structuralism

DIF: 1 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual

8. William James wanted to investigate the purpose of behavior and mental processes and established the _____ school of psychology.

ANS: functionalist

DIF: 1 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual

9. _____ believe psychologists must limit their investigations to observable, measurable events like people's actions.

ANS: Behaviorists

DIF: 2 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual

10. According to _____ psychologists, perceptions are more than the sums of their parts.

ANS: Gestalt

DIF: 1 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual

11. The psychological approach that emphasizes _____ processes is called psychoanalysis.

ANS: unconscious

DIF: 1 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual

12. The _____ perspective examines the influence of brain activity, hormones, and heredity on human behavior.

ANS: biological

DIF: 1 REF: How Today's Psychologists View Behavior and Mental Processes
OBJ: 4 MSC: TYPE: Factual

13. The _____ perspective focuses on memory, language, and decision-making skills.

ANS: cognitive

DIF: 1 REF: How Today's Psychologists View Behavior and Mental Processes
OBJ: 4 MSC: TYPE: Factual

14. The _____ perspective in psychology focuses on the roles of ethnicity, gender, culture, and socioeconomic status in behavior and mental processes.

ANS: sociocultural

DIF: 1 REF: How Today's Psychologists View Behavior and Mental Processes
OBJ: 4 MSC: TYPE: Factual

15. A _____ is a specific statement that proposes the relationship between two factors that is tested through research.

ANS: hypothesis

DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Factual

16. Being skeptical and examining the assumptions or premises of arguments are important aspects of _____ skills.

ANS: critical thinking

DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Factual

17. The participants selected to take part in an experiment are called the _____ and must represent those to whom the results will be generalized.

ANS: sample

DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Factual

18. _____ research methods usually involve asking for general information from a large number of individuals.

ANS: Survey

DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Factual

19. The only research method that can determine whether a cause-effect relationship exists between two factors is called a(n) _____.

ANS: experiment

DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Factual

20. The _____ variable in an experiment is also referred to as the treatment.

ANS: independent

DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5

MSC: TYPE: Factual

21. Studies in which neither the participants nor the experimenters know who has obtained the treatment are called _____ studies.

ANS: double-blind

DIF: 1 REF: How Psychologists Study Behavior and Mental Processes
OBJ: 5 MSC: TYPE: Factual

22. Individuals must provide _____ before they participate in research.

ANS: informed consent

DIF: 2 REF: How Psychologists Study Behavior and Mental Processes
OBJ: 5 MSC: TYPE: Factual

TRUE/FALSE

1. Psychology has three main goals: describe, explain and predict.

ANS: F DIF: 2 REF: Psychology as a Science
OBJ: 1 MSC: TYPE: Factual

2. Experimental psychologists often use humans or animals to study basic processes.

ANS: T DIF: 2 REF: What Psychologists Do
OBJ: 2 MSC: TYPE: Factual

3. Personality psychologists study the interaction of people and the environment.

ANS: F DIF: 2 REF: What Psychologists Do
OBJ: 2 MSC: TYPE: Factual

4. Psychology did not exist before the 19th century.

ANS: F DIF: 1 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual

5. The school of Gestalt psychology claimed that perceptions are more than the sums of their parts.

ANS: T DIF: 1 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual

6. Sigmund Freud was an early psychologist whose theory had no influence on popular culture.

ANS: F DIF: 1 REF: Where Psychology Comes From: A History
OBJ: 3 MSC: TYPE: Factual

7. Evolutionary psychologists focus on how behavior and mental processes remain the same over time.

ANS: F DIF: 2

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4 MSC: TYPE: Factual

8. Both behaviorists and social-cognitive theorists share the learning perspective.

ANS: T DIF: 2

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4 MSC: TYPE: Conceptual

9. Psychologists who come from a sociocultural perspective are less likely to be concerned with the influence of genetics on behavior.

ANS: T DIF: 2

REF: How Today's Psychologists View Behavior and Mental Processes

OBJ: 4 MSC: TYPE: Conceptual

10. Critical thinking means if something is in print, it must be true.

ANS: F DIF: 2

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Conceptual

11. Correlations are associations or relationships among variables.

ANS: T DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

12. Correlational research can also prove cause and effect relationships.

ANS: F DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

13. According to ethical standards for research with humans, researchers are required to debrief participants.

ANS: T DIF: 1

REF: How Psychologists Study Behavior and Mental Processes

OBJ: 5 MSC: TYPE: Factual

ESSAY

1. a) Define the term “psychology” and briefly describe its four goals.
b) Choose three divisions of psychology and describe their perspectives on psychology.

ANS:

Essay should include:

- a) Psychology is the science of behavior and mental processes. Its four goals are to describe, explain, predict and control behavior and mental processes.
- b) Three of the following: Clinical, Counseling, School, Educational, Developmental, Personality, Social, Environmental, Experimental, Industrial/Organizational, Human Factors, Consumer, Health, Sport, Forensic – including what is studied in each perspective.

2. a) Contrast the structuralist and functionalist forces in the history of psychology.
b) Discuss the emergence of behaviorism in psychology and describe how it differed from structuralism and functionalism.

ANS:

Essay should include:

- a) Structuralist perspective – consciousness could be divided into a combination of objective sensations and subjective feelings. The mind functions by combining these; focuses on introspection. Functionalists disagreed that consciousness could be divided. Functionalism focused on behavior and consciousness, how experience influences adaptation, and direct observation of the functions of the mind rather than the elements of experience.
- b) Watson believed that for psychology to be a science it must focus on behavior alone and not consciousness. Behaviorism – focus on learning, observable/measurable behavior, ignoring mental processes; reinforcement.

3. a) Choose three modern perspectives in psychology and describe the focus of each.
- b) Discuss the importance of diversity in the past and present research in psychology.

ANS:

Essay should include:

- a) Three of the following: Evolutionary – evolution of behavior and mental processes, genes; Biological- inborn/instinctive biological processes; Cognitive – mental processes of the “mind” (i.e. memory, thought); Humanistic-Existential -- self-awareness, conscious choice, responsibility for own behavior; Psychodynamic – neoanalysts influenced by Freud – focus less on unconsciousness, more on conscious choice and self-direction.
- b) Past – contributions of women and those of diverse ethnic groups have broadened the narrow European American focus of the study of behavior and mental processes. Examples: Clark & Clark- school segregation; Jorge Sanchez – cultural bias of IQ tests. Present examples: Ainsworth (attachment) and Loftus (memory). Work of diverse psychologists has shown that gender and ethnicity are important factors that can influence research findings.

4. a) Describe how psychologists use the scientific method to conduct research. Include the steps of the method.
- b) Compare and contrast the three major methods of observing behavior.

ANS:

Essay should include:

- a) Steps: (1) Formulate research question. (2) Formulate hypotheses (define). (3) Test hypothesis - using experiments. (4) Collect observations. (5) Draw conclusions (6) Theory construction or modification – lead to new research questions or modifications.
- b) Case study – collect detailed information about a few individuals or small groups; Survey – collect information from large samples of people about attitudes and behaviors; Naturalistic Observation – observing and recording behavior in natural environments. Comparison – all three collect observable data to describe behavior. Contrast – case studies are based on smaller numbers than surveys; however the former allows for in-depth information while the latter has the benefits of large samples. Observation, if done unobtrusively, will prevent researcher interference that is a problem in the other two methods.

5. a) Discuss the ethical considerations that researchers must consider when conducting research with humans.
- b) Discuss the ethical considerations that researchers must consider when conducting research with animals.

ANS:

Essay should include:

- a) Ethical standards are intended to promote individual dignity, human welfare, and scientific integrity; also to avoid potential harm to participants. Other issues to discuss: informed consent, confidentiality, privacy, deception, and debriefing.
- b) Animal research: destroying brain cells in animals, influence of drugs on animal behavior – results generalized to humans. Proponents argue that without animal research many advances in medicine and psychology would not have taken place. APA Guidelines: animals should only be harmed when there is no alternative and when benefits outweigh harm.