

CHAPTER 1--ADJUSTING TO MODERN LIFE

Student: _____

1. Modern technology has provided us with many time-saving devices, but

- A. most of us don't use them.
- B. they cost too much for most of us.
- C. they never seem to work as advertised.
- D. we still complain about not having enough time.

2. In spite of countless time-saving devices--automobiles, telephones, photocopiers, fax machines, and so on--most of us complain about a relative lack of

- A. time.
- B. money.
- C. information.
- D. work.

3. Modern Western society has made extraordinary technological progress

- A. and therefore, has seen decreases in social problems.
- B. but social and personal problems seem more prevalent and more prominent than ever before.
- C. and therefore, has seen a boom in time spent engaging in leisure activities.
- D. but social and personal problems are just as prevalent as they were in the past.

4. Many people share a sense of economic decline today, even though

- A. productivity is on the rise.
- B. cost of living remains stable.
- C. our society is more affluent than ever.
- D. the upper class is probably smaller than previously.

5. Technology has enabled humankind to exercise unprecedented control over many aspects of the physical world but at the same time has also created serious

- A. environmental problems.
- B. microscopic defects.
- C. medical costs.
- D. under-consumption.

6. ____ refers to the idea that technological advances have **not** led to perceptible improvement in our collective health and happiness.
- A. Information anxiety
 - B. Technology overload
 - C. The paradox of progress
 - D. The point/counterpoint phenomenon
7. Many theorists believe that the basic challenge of modern life has become the search for
- A. cultural significance.
 - B. a healthy leisure activity.
 - C. meaning or a sense of direction.
 - D. a significant other to share one's life.
8. According to social critics, all of the following are examples of the search for direction gone awry except
- A. enrollment in "self-realization" programs.
 - B. the desire to spend more time with loved ones.
 - C. joining cults and unorthodox religious groups.
 - D. the popularity of media figures such as Dr. Laura.
9. Most experts characterize "self-realization" programs (e.g., est training, Silva Mind Control) as
- A. intellectually stimulating.
 - B. intellectually bankrupt.
 - C. spiritually revitalizing.
 - D. spiritually self-defeating.
10. While the famous radio talk show host Dr. Laura is a licensed Marriage, Family, and Child Counselor, she holds a doctoral degree in
- A. psychology.
 - B. social work.
 - C. physiology.
 - D. psychiatry.
11. Surveys exploring psychotherapists' opinions of self-help books suggest
- A. there are some excellent books that offer authentic insight and sound advice.
 - B. there are some good books that offer adequate insight and advice.
 - C. there are some excellent books that offer good general advice but very few that offer good specific advice for particular problems.
 - D. psychotherapists don't endorse the use of self-help books because it's bad for business.

12. "Psychobabble" is best defined as

- A. psychological jargon.
- B. textbook definitions.
- C. ill-defined terminology.
- D. technical terminology.

13. Which of the following is the best definition of psychology?

- A. the study of consciousness
- B. the study of behavior and the profession that applies knowledge from these studies to solving practical problems
- C. the study of abnormal behavior and the profession that applies knowledge from these studies to diagnosing and treating people with mental illness
- D. the study of motivation, emotion, and memory

14. Which of the following is the best example of "overt" activity?

- A. eating
- B. thinking
- C. dreaming
- D. reasoning

15. In order to evaluate self-help books for ourselves, we may employ critical thinking. Which of the following is **not** a critical thinking guideline?

- A. Examine the evidence.
- B. Analyze biases and assumptions.
- C. Use emotional reasoning.
- D. Tolerate uncertainty.

16. "Our philosophy is intended to move each person closer to an emotional and spiritual center. Part of the process is helping each individual discover the core of his or her true nature. Once a person is centered, all problems can be managed within the flow, a course of events that is natural and authentic." This statement is

- A. an example of psychobabble.
- B. just general enough to be helpful.
- C. obviously based on empirical research.
- D. a good example of sound, specific advice.

17. A high-quality self-help book will
- A. give advice on a wide range of problems.
 - B. be based primarily on the author's speculations about human nature.
 - C. not promise too much in the way of immediate change.
 - D. always contain detailed summaries of research supporting the advice given.

18. Which of the following should you look for in self-help books?
- A. clarity in communication
 - B. discussion of what is not known
 - C. some mention of the theoretical basis for the advice
 - D. all of these

19. You can reasonably expect some assistance from a book that is intended to help you to
- A. lose 20 pounds every month.
 - B. learn to eat more healthily and gradually include more exercise in your weekly routine.
 - C. build muscle overnight.
 - D. find the thin person trapped inside of you.

20. Which of the following is not one of the underlying assumptions of this textbook?
- A. You can change your behavior, if you know the right techniques.
 - B. The key to effective adjustment is to "take charge" of your own life.
 - C. Critical thinking involves a skeptical attitude.
 - D. Knowledge of psychological principles may be of value in everyday life.

21. Which of the following are essential guidelines for thinking critically?

- 1. Define the problem.
- 2. Avoid emotional reasoning.
- 3. Analyze biases and assumptions.
- 4. Use either-or thinking.

- A. 1 only
- B. 1 and 3 only
- C. 1, 2, and 3 only
- D. 1, 2, 3, and 4

22. "Any overt response or activity by an organism" defines the term
- A. behavior.
 - B. empiricism.
 - C. psychology.
 - D. mental process.
23. Some psychologists prefer to study animals rather than humans mainly because
- A. animal subjects tend to be more cooperative than humans.
 - B. it's easier to control the factors influencing animals' behavior.
 - C. researchers do not have to worry about causing discomfort to animals.
 - D. most animals are unable to figure out the hypotheses for a particular study.
24. Until the 1950s, psychologists were found almost exclusively in
- A. private industry.
 - B. academic institutions.
 - C. mental health facilities.
 - D. the psychiatric wards of hospitals.
25. Clinical psychology is primarily concerned with
- A. discovering the mechanisms of learning.
 - B. the physiological processes involved in behavior.
 - C. research dealing with the structure of consciousness.
 - D. the diagnosis and treatment of psychological problems.
26. The rapid growth of clinical psychology was stimulated mainly by
- A. the demands of World War II.
 - B. growing interest in self-help approaches.
 - C. the inability of physicians to cure most psychological disorders.
 - D. psychological problems resulting from the Great Depression of the 1930s.
27. The term ____ refers to the psychological processes through which people manage or cope with the demands and challenges of everyday life.
- A. adaptation
 - B. adjustment
 - C. personality
 - D. mental health

28. ____ is the premise that knowledge should be acquired through observation.

- A. Self-help
- B. Codependence
- C. Empiricism
- D. Subjectivism

29. Which of the following does **not** represent an empirical technique?

- A. watching people engage in a learning activity
- B. weighing rats after two months of a special diet
- C. gauging the speed with which a patient performs a fine motor activity
- D. speculating about the factors that are related to human happiness

30. Which of the following is the basis of empiricism?

- A. correlation
- B. logic
- C. systematic observation
- D. common sense

31. Compared to other methods of drawing conclusions about behavior, the major advantages of the scientific approach are

- A. emphasis on empiricism; subjectivity.
- B. bias; ability to generalize the findings.
- C. clarity and precision; relative intolerance of error.
- D. freedom to make value judgments; use of statistics.

32. According to your text, the two main types of research methods in psychology are ____ research methods and ____ research methods.

- A. biased; unbiased
- B. experimental; control
- C. dependent; independent
- D. experimental; correlational

33. An experiment is a research method in which the investigator manipulates the ____ variable and observes whether any changes occur in a(n) ____ variable as a result.

- A. control; experimental
- B. experimental; control
- C. independent; dependent
- D. dependent; independent

34. Social psychologist Stanley Schachter hypothesized that increases in anxiety would cause increases in desire to be with others. In this study, the independent variable was

- A. level of anxiety.
- B. desire to be with others.
- C. anxious subjects.
- D. affiliation.

35. A condition or event that an experimenter varies to see its impact on another variable is called a(n) _____ variable.

- A. control
- B. dependent
- C. independent
- D. experimental

36. A measurement of some aspect of the subject's behavior after the experimental manipulation is called a(n) _____ variable.

- A. control
- B. dependent
- C. independent
- D. experimental

37. A researcher wants to determine whether diet causes children to learn better in school. In this study, the independent variable is

- A. the children.
- B. the type of diet.
- C. the age of the children.
- D. a measure of learning.

38. A researcher wants to examine the effects of caffeine consumption on memory ability. In this study, the dependent variable is

- A. the children.
- B. memory ability.
- C. caffeine consumption.
- D. the grade level of the children.

39. An experimental group consists of subjects who
- A. are unaware of the purpose of the study.
 - B. merely act as if they are unaware of the purpose.
 - C. receive some special treatment in regard to the dependent variable.
 - D. receive some special treatment in regard to the independent variable.
40. A control group consists of subjects who
- A. are controlled by the experimenter.
 - B. are allowed to control the manipulation of the variables.
 - C. do not receive the special treatment given to the experimental group.
 - D. receive some special treatment in regard to the independent variable.
41. The experimental and control groups should be the same in every respect except for
- A. the number of subjects in each group.
 - B. the variation created by the manipulation of the independent variable.
 - C. the assumptions underlying the research question.
 - D. the method of measuring the dependent variable.
42. Suppose a researcher wants to know whether a high protein diet causes children to learn better in school. Half of the children in the study eat a high protein diet while the other half eats their normal diet. The control group consists of the
- A. male children.
 - B. older children.
 - C. children who eat their normal diet.
 - D. children who eat the high protein diet.
43. Dr. Brill randomly assigns 100 test-anxious student volunteers to either a group that will receive therapeutic touch treatment or a group that will receive a sham version of the treatment. Based on her results, Dr. Brill will have evidence of
- A. how well therapeutic touch works in the treatment of various mood disorders.
 - B. how test-anxious students behave in a classroom setting.
 - C. how effective the sham version of the treatment is.
 - D. whether or not therapeutic touch may cause an alleviation of symptoms of test anxiety.
44. The logic of the experimental method rests heavily on the assumption that
- A. two variables are positively correlated.
 - B. experimental and control groups are alike in all important matters except for the independent variable.
 - C. experimental and control groups are alike in all important matters except for the dependent variable.
 - D. the independent variable is quantifiable and measurable.

45. Which of the following is the primary advantage of the experimental method?

- A. It lacks the ethical concerns of other methods.
- B. It lacks the practical concerns of other methods.
- C. It broadens the scope of what psychologists can study scientifically.
- D. It allows scientists to draw cause-and-effect conclusions.

46. Which of the following best describes correlational research?

- A. exerting experimental control
- B. manipulating an independent variable
- C. manipulating a dependent variable
- D. making systematic observations

47. A correlation exists when

- A. two variables are related to each other.
- B. two variables have the same underlying cause.
- C. two variables are affected by a third variable.
- D. a cause-and-effect relationship exists between two variables.

48. A(n) _____ is a numerical index of the degree of relationship between two variables.

- A. independent variable
- B. correlation coefficient
- C. survey coefficient
- D. experimental coefficient

49. A correlation coefficient indicates the _____ and the _____ of the relationship between two variables.

- A. cause; effect
- B. control; manipulation
- C. strength; direction
- D. positive; negative

50. The definitive aspect of correlational studies is that

- A. a causal relationship exists between the variables.
- B. researchers cannot control the variables under study.
- C. the subjects must constitute a representative sample.
- D. control of one variable interferes with control of another variable.

51. A positive correlation coefficient indicates the two variables covary in the ____ and a negative coefficient indicates that the variables ____ covary.
- A. same direction; inversely
 - B. opposite direction; directly
 - C. same direction; directly
 - D. opposite direction; inversely
52. Mario found a $+0.80$ correlation coefficient between height and diet. He was able to conclude:
- A. A particular diet causes people to grow.
 - B. People who are taller eat more.
 - C. There is a strong relationship between height and diet.
 - D. People should be careful what they feed their children because it could stunt their growth.
53. The textbook author writes, "Those who perform poorly in high school tend to perform poorly in college" as an example of a
- A. positive correlation.
 - B. negative correlation.
 - C. inverse correlation.
 - D. indirect correlation.
54. A correlation coefficient of -0.80 indicates a
- A. mild, inverse correlation.
 - B. strong, inverse correlation.
 - C. strong, direct correlation.
 - D. nonexistent correlation.
55. Which of the following correlation coefficients indicates the weakest relationship between two variables?
- A. -4.36
 - B. -0.97
 - C. $+0.75$
 - D. $+0.15$
56. A teacher takes notes while watching students on the playground to see if differences in play behavior are associated with discipline problems in class. The teacher is using which of the following research methods?
- A. survey
 - B. case study
 - C. experimentation
 - D. naturalistic observation

57. In a case study,

- A. an individual participant is studied in depth.
- B. systematic observation is used to see if a link exists between variables.
- C. behavior is carefully observed without intervening directly with subjects.
- D. a variable is manipulated while another variable is observed for changes.

58. Research indicates that

- A. it is unwise for students to change their answers on a multiple-choice test.
- B. the more answer changing that students engage in on multiple-choice tests, the more they improved their scores.
- C. it doesn't seem to matter whether or not students change their answers on multiple choice tests because they are equally likely to change a wrong answer to a right answer as they are to change a right answer to a wrong answer.
- D. it is unwise for D and F students to change their answers on multiple-choice tests but wise for A and B students.

59. Suppose a researcher gave you a questionnaire to fill out about your attitudes on abortion, school prayer, and drug legalization. This researcher is using which of the following research methods?

- A. experiment
- B. case study
- C. survey
- D. naturalistic observation

60. Correlational research broadens the scope of phenomena that psychologists can study because it

- A. allows investigators to do research outside a laboratory setting.
- B. provides a way to investigate variables that cannot be manipulated.
- C. doesn't require that the variables be causally related to each other.
- D. involves research that does not intrude into the subjects' natural settings.

61. Survey studies show a positive correlation between marital satisfaction and sexual satisfaction. This indicates that

- A. a healthy marriage causes good sex.
- B. good sex promotes healthy marriages.
- C. couples who have a high marital satisfaction are more likely to have high sexual satisfaction than couples who have a low marital satisfaction.
- D. marital satisfaction is not related to sexual satisfaction.

62. The major disadvantage of correlational research is that it
- A. is costly to carry out.
 - B. is artificial, and it is hard to apply the results to real-life settings.
 - C. is time-consuming and impractical to manipulate variables.
 - D. cannot demonstrate conclusively that two variables are causally related.
63. The "third variable" problem is associated with
- A. the experimental method.
 - B. the correlational method.
 - C. the multivariate model.
 - D. the placebo effect.
64. Empirical surveys consistently find that the vast majority of respondents characterize themselves as
- A. fairly happy.
 - B. very unhappy.
 - C. moderately unhappy.
 - D. unconcerned about their personal happiness.
65. Research results suggest that which of the following is **not** very important in determining one's happiness?
- A. parenthood
 - B. gender
 - C. age
 - D. None of these is very important.
66. Which of the following best characterizes the correlation between income and subjective feelings of happiness?
- A. negligible
 - B. negative, but weak
 - C. positive, but weak
 - D. positive and strong
67. Research indicates that people who have heartfelt religious convictions
- A. are happier than people who are non-religious.
 - B. are less happy than people who are non-religious.
 - C. are neither more nor less happy than people who are non-religious.
 - D. are less happy than people who are non-religious because they have less community support.

68. Research indicates that

- A. people with high IQ's are happier than people with low IQ's.
- B. people with low IQ's are happier than people with high IQ's.
- C. there is no association between IQ and happiness.
- D. people with really high IQ's and really low IQ's are not as happy as people with average IQ's.

69. Which of the following is the best description of the relationship between health and happiness?

- A. Good health may not, by itself, produce happiness, because people tend to take good health for granted.
- B. Good health is one of the best predictors of happiness.
- C. Individuals who develop serious health problems have difficulty adjusting and therefore are less happy than those who are healthy.
- D. People born with serious health problems are happier than others because they do not take their health for granted.

70. All of the following appear to have a moderate impact on subjective feelings of well-being except

- A. health.
- B. physical attractiveness.
- C. religious belief.
- D. social activity.

71. Which of the following has been found to be strongly related to overall happiness?

- A. culture
- B. marriage
- C. income
- D. physical attractiveness

72. Research indicates that

- A. married men are happier than married women.
- B. married women are happier than married men.
- C. both married men and women are happier than unmarried men and women.
- D. both unmarried men and women are happier than married men and women.

73. The authors suggest that we should be careful about drawing conclusions about causes of happiness because

- A. they would not be based on empirical evidence.
- B. they would be based on experimental data.
- C. they would be based on correlational data.
- D. they have been found to be invalid by some researchers.

74. An important insight that can be drawn from the research on happiness is that

- A. money can buy happiness.
- B. attractive people are generally happy people.
- C. objective realities are not as important as subjective feelings.
- D. collectivist cultures are happier than individualistic cultures.

75. ____ occurs when people shift their own mental scale and change the baseline for comparisons of their own circumstances with those of other people.

- A. Codependency
- B. Empiricism
- C. Subjectivism
- D. Hedonic adaptation

76. Research indicates that hedonic adaptation

- A. probably helps protect mental and physical health.
- B. hinders mental health but does not affect physical health.
- C. is detrimental to physical but not mental health.
- D. has a negative effect on both mental and physical health.

77. In setting up a schedule for studying, you should

- A. allow time for study breaks.
- B. develop a new set of priorities each day.
- C. try to get the simple, routine tasks out of the way first.
- D. avoid the temptation to break up major assignments into smaller parts.

78. A good place to study is one

- A. where you can listen to music while studying.
- B. that changes occasionally, to provide variety.
- C. that is associated with pleasant activities, like eating.
- D. that minimizes demands on your willpower to avoid distractions.

79. When you reward yourself for meeting realistic study goals, you're using the principles of

- A. SQ3R.
- B. classical conditioning.
- C. behavior modification.
- D. systematic desensitization.

80. In order for your reading to be effective, it must be done

- A. rapidly.
- B. actively.
- C. repeatedly.
- D. in large chunks.

81. Which of the following is **not** involved in the survey step of the SQ3R method?

- A. Review the main terms in each chapter.
- B. Consult the chapter outline or summary.
- C. Look over the topic headings in a chapter.
- D. Consider how parts of the chapter are related.

82. In the last step of the SQ3R method you should

- A. reread the chapter at a leisurely pace.
- B. reward yourself for all the work you have done.
- C. review by going over key points.
- D. go back to the first step and repeat the process.

83. Which of the following is consistent with the information presented in the textbook regarding class attendance?

- A. Among successful students (grade average B or better) class attendance did not seem to matter.
- B. Among unsuccessful students (grade average C- or below) class attendance did not seem to matter.
- C. Even when an instructor delivers hard-to-follow lectures, it is important for all students to go to class.
- D. It is only important for all students to go to class when instructors provide well-organized lectures.

84. Which one of the following is **not** included in active listening?

- A. focusing attention on the speaker
- B. asking those around you for clarification
- C. anticipating what is coming next in the lecture
- D. paying attention to the speaker's nonverbal signals

85. When course material is especially difficult, it's a good idea to prepare for lectures by

- A. reading ahead on the subject of the lecture.
- B. asking fellow classmates to explain the material to you.
- C. writing down questions that you can ask the instructor later.
- D. reviewing previous material that relates to the present topic.

86. A good reason for taking notes in your own words, rather than verbatim, is that

- A. most lecturers are quite wordy.
- B. "translating" on the spot is a helpful mental exercise.
- C. this reduces the likelihood that you will later engage in plagiarism.
- D. this forces you to organize the information in a way that makes sense to you.

87. When a question occurs to you during a lecture, you should

- A. ask it during class.
- B. ask a classmate about it after class.
- C. write it down and ask the instructor after class.
- D. not ask it, since this would interrupt the lecturer.

88. Which of the following is **not** one of the tips for getting more out of lectures?

- A. Ask questions in class.
- B. Listen actively to the lecture.
- C. Pay attention to the instructor's nonverbal signals.
- D. Try to use the instructor's words when taking notes in class.

89. Overlearning refers to continued practice of material after you

- A. have completed your study plan.
- B. have already passed the relevant test.
- C. have apparently mastered the material.
- D. have become exhausted from studying.

90. Cramming before a test will most likely

- A. increase your retention better than spreading out studying.
- B. increase your test anxiety.
- C. increase your energy level.
- D. increase the efficiency of your memory.

91. On the day before a test in a particular course, it is probably best

- A. to study even if you think you know the topic really well.
- B. not to overlearn the material.
- C. to avoid studying that material.
- D. to take advantage of the massed practice effect.

92. A useful study technique that helps to organize information is

- A. outlining reading assignments.
- B. studying with a group of students.
- C. underlining important points in textbooks.
- D. memorizing the order of chapter headings.

93. ____ refers to learning by emphasizing the personal meaningfulness of material that one has learned in a course.

- A. Mnemonics
- B. Deep processing
- C. Distributed practice
- D. Cramming

94. Exercising deep processing means

- A. devoting effort to analyzing the meaning of the reading assignments.
- B. engaging in maintenance rehearsal to establish rote memory.
- C. using mnemonic devices.
- D. rereading the assignments over the course of several different sessions.

95. A mnemonic device is a strategy used for

- A. reading actively.
- B. enhancing memory.
- C. reducing interference.
- D. promoting overlearning.

96. Using "Roy G Biv" to remember the order of colors in the light spectrum is an example of how ____ can help us remember information.

- A. acrostics
- B. acronyms
- C. overlearning
- D. visual imagery

97. Using "Every good boy does fine" to remember the order of musical notes is an example of how ____ can help us remember information.

- A. acrostics
- B. acronyms
- C. overlearning
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98. The loci method is a mnemonic device that involves

- A. making up a logical story.
- B. inventing a useful acronym.
- C. memorizing a simple poem.
- D. taking a make-believe walk.

99. Despite our technological progress, social problems and personal difficulties seem more prevalent than ever before. This issue is known as the

- A. approach-avoidance conflict.
- B. paradox of progress.
- C. self-realization dilemma.
- D. paradox of paradoxes.

100. According to your textbook, one of the major problems with self-help books is that they are dominated by

- A. psychobabble.
- B. graphs and tables.
- C. research results.
- D. complicated mathematical models.

101. "Subjecting ideas to systematic, skeptical scrutiny" best describes which of the following processes?

- A. self-realization
- B. critical thinking
- C. self-actualization
- D. psychological adjustment

102. The branch of psychology concerned with the diagnosis and treatment of psychological problems and disorders is called ____ psychology.

- A. social
- B. clinical
- C. cognitive
- D. physiological

103. The emphasis of psychological science on systematic observation best illustrates which of the following concepts?

- A. empiricism
- B. correlation
- C. determinism
- D. self-realization

104. Which of the following is **not** a characteristic of scientists' investigations?

- A. formal
- B. systematic
- C. subjective
- D. objective

105. Which of the following is **most** likely to be used as an independent variable in a psychological experiment?

- A. reaction time
- B. desire to affiliate
- C. level of noise
- D. aggression

106. A psychological researcher is best able to draw conclusions about cause-and-effect relationships by using which of the following research methods?

- A. survey
- B. case study
- C. experimental
- D. naturalistic observation

107. The correlation coefficient measuring the relationship between time spent studying and percent correct on a psychology exam is likely to be

- A. zero.
- B. positive.
- C. negative.
- D. subjective.

108. An in-depth investigation of an individual participant is called a(n)

- A. case study.
- B. experiment.
- C. correlational study.
- D. naturalistic observation.

109. Which of the following variables is **least** important in determining an individual's happiness?

- A. health
- B. money
- C. social activity
- D. job satisfaction

110. The best predictor of individuals' future happiness is their

- A. IQ score.
- B. past happiness.
- C. marital status.
- D. financial status.

111. An organized study program should include

- A. a detailed schedule of when and what to study.
- B. a place of your own to study that is free of distractions.
- C. rewards that are immediate and satisfying when goals are attained.
- D. all of these.

112. Which of the following is the correct order for the five steps in the SQ3R method?

- A. survey, question, recite, read, review
- B. question, survey, read, recite, review
- C. survey, question, review, read, recite
- D. survey, question, read, recite, review

113. Mnemonic devices are techniques for

- A. enhancing memory.
- B. improving class attendance.
- C. developing a study plan.
- D. becoming an active listener.

114. "Psychobabble" is best defined as

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115. Which of the following is the best definition of psychology?

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- B. the study of behavior and the profession that applies knowledge from these studies to solving practical problems
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- A. It lacks the ethical concerns of other methods.
- B. It lacks the practical concerns of other methods.
- C. It broadens the scope of what psychologists can study scientifically.
- D. It allows scientists to draw cause-and-effect conclusions.

122. In a case study,

- A. an individual participant is studied in depth.
- B. systematic observation is used to see if a link exists between variables.
- C. behavior is carefully observed without intervening directly with subjects.
- D. a variable is manipulated while another variable is observed for changes.

123. The major disadvantage of correlational research is that it

- A. is costly to carry out.
- B. is artificial, and it is hard to apply the results to real-life settings.
- C. is time-consuming and impractical to manipulate variables.
- D. cannot demonstrate conclusively that two variables are causally related.

124. Which of the following best characterizes the correlation between income and subjective feelings of happiness?

- A. negligible
- B. negative, but weak
- C. positive, but weak
- D. positive and strong

125. Research indicates that

- A. married men are happier than married women.
- B. married women are happier than married men.
- C. both married men and women are happier than unmarried men and women.
- D. both unmarried men and women are happier than married men and women.

126. In setting up a schedule for studying, you should

- A. allow time for study breaks.
- B. develop a new set of priorities each day.
- C. try to get the simple, routine tasks out of the way first.
- D. avoid the temptation to break up major assignments into smaller parts.

127. In the last step of the SQ3R method you should

- A. reread the chapter at a leisurely pace.
- B. reward yourself for all the work you have done.
- C. review by going over key points.
- D. go back to the first step and repeat the process.

128. Mnemonic devices are techniques for

- A. enhancing memory.
- B. improving class attendance.
- C. developing a study plan.
- D. becoming an active listener.

129. Recent decades have provided us with an increased freedom to choose between multiple alternatives. This choice overload appears to be positively correlated with rumination, postdecision regret, and anticipated regret.

True False

130. One of the criticisms of self-help books is that they all use psychobabble rather than empirical evidence.

True False

131. This text attempts to discourage a critical attitude about psychological issues and to decrease the readers' critical thinking.

True False

132. Psychology confines itself to the study of human behavior.

True False

133. One advantage of the scientific method is its relative intolerance of error.

True False

134. Psychologists have found an association between feelings of hopelessness and suicidal behavior; that is, the more hopeless a person feels the more likely that person is to engage in suicidal behavior. This is a good example of a negative correlation.

True False

135. According to research, many common sense notions about happiness appear to be accurate.

True False

136. People's level of happiness tends to remain remarkably stable over the life span.

True False

137. In general women are less happy than men; this is evident in the statistics indicating that women are treated for depression about twice as often as men.

True False

138. It is important to understand that studying involves hard work.

True False

139. Explain what is meant by the paradox of progress and give two examples to illustrate your point.

140. What are the main qualities to look for in a good self-help book?

141. List and briefly describe two advantages of the scientific approach.

142. Define and explain the relationship between the dependent and independent variables in a psychological experiment.

143. Distinguish between an experimental group and a control group in a psychological experiment.

144. Under what specific conditions is correlational research appropriate in psychology?

145. What are the main advantages and disadvantages of correlational research methods in psychology?

146. List and describe three factors that are surprisingly **not** related to happiness.

147. List and briefly describe several factors that have been found to be very important determinants of happiness.

148. Briefly describe at least three strategies for learning more from your class lectures and studying.

CHAPTER 1--ADJUSTING TO MODERN LIFE **Key**

1. Modern technology has provided us with many time-saving devices, but

- A. most of us don't use them.
- B. they cost too much for most of us.
- C. they never seem to work as advertised.
- D.** we still complain about not having enough time.

2. In spite of countless time-saving devices--automobiles, telephones, photocopiers, fax machines, and so on--most of us complain about a relative lack of

- A.** time.
- B. money.
- C. information.
- D. work.

3. Modern Western society has made extraordinary technological progress

- A. and therefore, has seen decreases in social problems.
- B.** but social and personal problems seem more prevalent and more prominent than ever before.
- C. and therefore, has seen a boom in time spent engaging in leisure activities.
- D. but social and personal problems are just as prevalent as they were in the past.

4. Many people share a sense of economic decline today, even though

- A. productivity is on the rise.
- B. cost of living remains stable.
- C.** our society is more affluent than ever.
- D. the upper class is probably smaller than previously.

5. Technology has enabled humankind to exercise unprecedented control over many aspects of the physical world but at the same time has also created serious

- A.** environmental problems.
- B. microscopic defects.
- C. medical costs.
- D. under-consumption.

6. ____ refers to the idea that technological advances have **not** led to perceptible improvement in our collective health and happiness.
- A. Information anxiety
 - B. Technology overload
 - C.** The paradox of progress
 - D. The point/counterpoint phenomenon
7. Many theorists believe that the basic challenge of modern life has become the search for
- A. cultural significance.
 - B. a healthy leisure activity.
 - C.** meaning or a sense of direction.
 - D. a significant other to share one's life.
8. According to social critics, all of the following are examples of the search for direction gone awry except
- A. enrollment in "self-realization" programs.
 - B.** the desire to spend more time with loved ones.
 - C. joining cults and unorthodox religious groups.
 - D. the popularity of media figures such as Dr. Laura.
9. Most experts characterize "self-realization" programs (e.g., est training, Silva Mind Control) as
- A. intellectually stimulating.
 - B.** intellectually bankrupt.
 - C. spiritually revitalizing.
 - D. spiritually self-defeating.
10. While the famous radio talk show host Dr. Laura is a licensed Marriage, Family, and Child Counselor, she holds a doctoral degree in
- A. psychology.
 - B. social work.
 - C.** physiology.
 - D. psychiatry.
11. Surveys exploring psychotherapists' opinions of self-help books suggest
- A.** there are some excellent books that offer authentic insight and sound advice.
 - B. there are some good books that offer adequate insight and advice.
 - C. there are some excellent books that offer good general advice but very few that offer good specific advice for particular problems.
 - D. psychotherapists don't endorse the use of self-help books because it's bad for business.

12. "Psychobabble" is best defined as

- A. psychological jargon.
- B. textbook definitions.
- C.** ill-defined terminology.
- D. technical terminology.

13. Which of the following is the best definition of psychology?

- A. the study of consciousness
- B.** the study of behavior and the profession that applies knowledge from these studies to solving practical problems
- C. the study of abnormal behavior and the profession that applies knowledge from these studies to diagnosing and treating people with mental illness
- D. the study of motivation, emotion, and memory

14. Which of the following is the best example of "overt" activity?

- A.** eating
- B. thinking
- C. dreaming
- D. reasoning

15. In order to evaluate self-help books for ourselves, we may employ critical thinking. Which of the following is **not** a critical thinking guideline?

- A. Examine the evidence.
- B. Analyze biases and assumptions.
- C.** Use emotional reasoning.
- D. Tolerate uncertainty.

16. "Our philosophy is intended to move each person closer to an emotional and spiritual center. Part of the process is helping each individual discover the core of his or her true nature. Once a person is centered, all problems can be managed within the flow, a course of events that is natural and authentic." This statement is

- A.** an example of psychobabble.
- B. just general enough to be helpful.
- C. obviously based on empirical research.
- D. a good example of sound, specific advice.

17. A high-quality self-help book will

- A. give advice on a wide range of problems.
- B. be based primarily on the author's speculations about human nature.
- C.** not promise too much in the way of immediate change.
- D. always contain detailed summaries of research supporting the advice given.

18. Which of the following should you look for in self-help books?

- A. clarity in communication
- B. discussion of what is not known
- C. some mention of the theoretical basis for the advice
- D.** all of these

19. You can reasonably expect some assistance from a book that is intended to help you to

- A. lose 20 pounds every month.
- B.** learn to eat more healthily and gradually include more exercise in your weekly routine.
- C. build muscle overnight.
- D. find the thin person trapped inside of you.

20. Which of the following is not one of the underlying assumptions of this textbook?

- A.** You can change your behavior, if you know the right techniques.
- B. The key to effective adjustment is to "take charge" of your own life.
- C. Critical thinking involves a skeptical attitude.
- D. Knowledge of psychological principles may be of value in everyday life.

21. Which of the following are essential guidelines for thinking critically?

- 1. Define the problem.
- 2. Avoid emotional reasoning.
- 3. Analyze biases and assumptions.
- 4. Use either-or thinking.

A. 1 only

B. 1 and 3 only

C. 1, 2, and 3 only

D. 1, 2, 3, and 4

22. "Any overt response or activity by an organism" defines the term

- A.** behavior.
- B. empiricism.
- C. psychology.
- D. mental process.

23. Some psychologists prefer to study animals rather than humans mainly because

- A. animal subjects tend to be more cooperative than humans.
- B.** it's easier to control the factors influencing animals' behavior.
- C. researchers do not have to worry about causing discomfort to animals.
- D. most animals are unable to figure out the hypotheses for a particular study.

24. Until the 1950s, psychologists were found almost exclusively in

- A. private industry.
- B.** academic institutions.
- C. mental health facilities.
- D. the psychiatric wards of hospitals.

25. Clinical psychology is primarily concerned with

- A. discovering the mechanisms of learning.
- B. the physiological processes involved in behavior.
- C. research dealing with the structure of consciousness.
- D.** the diagnosis and treatment of psychological problems.

26. The rapid growth of clinical psychology was stimulated mainly by

- A.** the demands of World War II.
- B. growing interest in self-help approaches.
- C. the inability of physicians to cure most psychological disorders.
- D. psychological problems resulting from the Great Depression of the 1930s.

27. The term ____ refers to the psychological processes through which people manage or cope with the demands and challenges of everyday life.

- A. adaptation
- B.** adjustment
- C. personality
- D. mental health

28. ____ is the premise that knowledge should be acquired through observation.

- A. Self-help
- B. Codependence
- C. Empiricism**
- D. Subjectivism

29. Which of the following does **not** represent an empirical technique?

- A. watching people engage in a learning activity
- B. weighing rats after two months of a special diet
- C. gauging the speed with which a patient performs a fine motor activity
- D. speculating about the factors that are related to human happiness**

30. Which of the following is the basis of empiricism?

- A. correlation
- B. logic
- C. systematic observation**
- D. common sense

31. Compared to other methods of drawing conclusions about behavior, the major advantages of the scientific approach are

- A. emphasis on empiricism; subjectivity.
- B. bias; ability to generalize the findings.
- C. clarity and precision; relative intolerance of error.**
- D. freedom to make value judgments; use of statistics.

32. According to your text, the two main types of research methods in psychology are ____ research methods and ____ research methods.

- A. biased; unbiased
- B. experimental; control
- C. dependent; independent
- D. experimental; correlational**

33. An experiment is a research method in which the investigator manipulates the ____ variable and observes whether any changes occur in a(n) ____ variable as a result.

- A. control; experimental
- B. experimental; control
- C. independent; dependent**
- D. dependent; independent

34. Social psychologist Stanley Schachter hypothesized that increases in anxiety would cause increases in desire to be with others. In this study, the independent variable was

- A.** level of anxiety.
- B. desire to be with others.
- C. anxious subjects.
- D. affiliation.

35. A condition or event that an experimenter varies to see its impact on another variable is called a(n) _____ variable.

- A. control
- B. dependent
- C.** independent
- D. experimental

36. A measurement of some aspect of the subject's behavior after the experimental manipulation is called a(n) _____ variable.

- A. control
- B.** dependent
- C. independent
- D. experimental

37. A researcher wants to determine whether diet causes children to learn better in school. In this study, the independent variable is

- A. the children.
- B.** the type of diet.
- C. the age of the children.
- D. a measure of learning.

38. A researcher wants to examine the effects of caffeine consumption on memory ability. In this study, the dependent variable is

- A. the children.
- B.** memory ability.
- C. caffeine consumption.
- D. the grade level of the children.

39. An experimental group consists of subjects who

- A. are unaware of the purpose of the study.
- B. merely act as if they are unaware of the purpose.
- C. receive some special treatment in regard to the dependent variable.
- D.** receive some special treatment in regard to the independent variable.

40. A control group consists of subjects who

- A. are controlled by the experimenter.
- B. are allowed to control the manipulation of the variables.
- C.** do not receive the special treatment given to the experimental group.
- D. receive some special treatment in regard to the independent variable.

41. The experimental and control groups should be the same in every respect except for

- A. the number of subjects in each group.
- B.** the variation created by the manipulation of the independent variable.
- C. the assumptions underlying the research question.
- D. the method of measuring the dependent variable.

42. Suppose a researcher wants to know whether a high protein diet causes children to learn better in school. Half of the children in the study eat a high protein diet while the other half eats their normal diet. The control group consists of the

- A. male children.
- B. older children.
- C.** children who eat their normal diet.
- D. children who eat the high protein diet.

43. Dr. Brill randomly assigns 100 test-anxious student volunteers to either a group that will receive therapeutic touch treatment or a group that will receive a sham version of the treatment. Based on her results, Dr. Brill will have evidence of

- A. how well therapeutic touch works in the treatment of various mood disorders.
- B. how test-anxious students behave in a classroom setting.
- C. how effective the sham version of the treatment is.
- D.** whether or not therapeutic touch may cause an alleviation of symptoms of test anxiety.

44. The logic of the experimental method rests heavily on the assumption that

- A. two variables are positively correlated.
- B.** experimental and control groups are alike in all important matters except for the independent variable.
- C. experimental and control groups are alike in all important matters except for the dependent variable.
- D. the independent variable is quantifiable and measurable.

45. Which of the following is the primary advantage of the experimental method?

- A. It lacks the ethical concerns of other methods.
- B. It lacks the practical concerns of other methods.
- C. It broadens the scope of what psychologists can study scientifically.
- D.** It allows scientists to draw cause-and-effect conclusions.

46. Which of the following best describes correlational research?

- A. exerting experimental control
- B. manipulating an independent variable
- C. manipulating a dependent variable
- D.** making systematic observations

47. A correlation exists when

- A.** two variables are related to each other.
- B. two variables have the same underlying cause.
- C. two variables are affected by a third variable.
- D. a cause-and-effect relationship exists between two variables.

48. A(n) _____ is a numerical index of the degree of relationship between two variables.

- A. independent variable
- B.** correlation coefficient
- C. survey coefficient
- D. experimental coefficient

49. A correlation coefficient indicates the _____ and the _____ of the relationship between two variables.

- A. cause; effect
- B. control; manipulation
- C.** strength; direction
- D. positive; negative

50. The definitive aspect of correlational studies is that

- A. a causal relationship exists between the variables.
- B.** researchers cannot control the variables under study.
- C. the subjects must constitute a representative sample.
- D. control of one variable interferes with control of another variable.

51. A positive correlation coefficient indicates the two variables covary in the ____ and a negative coefficient indicates that the variables ____ covary.

- A.** same direction; inversely
- B. opposite direction; directly
- C. same direction; directly
- D. opposite direction; inversely

52. Mario found a $+0.80$ correlation coefficient between height and diet. He was able to conclude:

- A. A particular diet causes people to grow.
- B. People who are taller eat more.
- C.** There is a strong relationship between height and diet.
- D. People should careful what they feed their children because it could stunt their growth.

53. The textbook author writes, "Those who perform poorly in high school tend to perform poorly in college" as an example of a

- A.** positive correlation.
- B. negative correlation.
- C. inverse correlation.
- D. indirect correlation.

54. A correlation coefficient of -0.80 indicates a

- A. mild, inverse correlation.
- B.** strong, inverse correlation.
- C. strong, direct correlation.
- D. nonexistent correlation.

55. Which of the following correlation coefficients indicates the weakest relationship between two variables?

- A. -4.36
- B. -0.97
- C. $+0.75$
- D.** $+0.15$

56. A teacher takes notes while watching students on the playground to see if differences in play behavior are associated with discipline problems in class. The teacher is using which of the following research methods?

- A. survey
- B. case study
- C. experimentation
- D.** naturalistic observation

57. In a case study,

- A.** an individual participant is studied in depth.
- B. systematic observation is used to see if a link exists between variables.
- C. behavior is carefully observed without intervening directly with subjects.
- D. a variable is manipulated while another variable is observed for changes.

58. Research indicates that

- A. it is unwise for students to change their answers on a multiple-choice test.
- B.** the more answer changing that students engage in on multiple-choice tests, the more they improved their scores.
- C. it doesn't seem to matter whether or not students change their answers on multiple choice tests because they are equally likely to change a wrong answer to a right answer as they are to change a right answer to a wrong answer.
- D. it is unwise for D and F students to change their answers on multiple-choice tests but wise for A and B students.

59. Suppose a researcher gave you a questionnaire to fill out about your attitudes on abortion, school prayer, and drug legalization. This researcher is using which of the following research methods?

- A. experiment
- B. case study
- C.** survey
- D. naturalistic observation

60. Correlational research broadens the scope of phenomena that psychologists can study because it

- A. allows investigators to do research outside a laboratory setting.
- B.** provides a way to investigate variables that cannot be manipulated.
- C. doesn't require that the variables be causally related to each other.
- D. involves research that does not intrude into the subjects' natural settings.

61. Survey studies show a positive correlation between marital satisfaction and sexual satisfaction. This indicates that

- A. a healthy marriage causes good sex.
- B. good sex promotes healthy marriages.
- C.** couples who have a high marital satisfaction are more likely to have high sexual satisfaction than couples who have a low marital satisfaction.
- D. marital satisfaction is not related to sexual satisfaction.

62. The major disadvantage of correlational research is that it
- A. is costly to carry out.
 - B. is artificial, and it is hard to apply the results to real-life settings.
 - C. is time-consuming and impractical to manipulate variables.
 - D.** cannot demonstrate conclusively that two variables are causally related.
63. The "third variable" problem is associated with
- A. the experimental method.
 - B.** the correlational method.
 - C. the multivariate model.
 - D. the placebo effect.
64. Empirical surveys consistently find that the vast majority of respondents characterize themselves as
- A.** fairly happy.
 - B. very unhappy.
 - C. moderately unhappy.
 - D. unconcerned about their personal happiness.
65. Research results suggest that which of the following is **not** very important in determining one's happiness?
- A. parenthood
 - B. gender
 - C. age
 - D.** None of these is very important.
66. Which of the following best characterizes the correlation between income and subjective feelings of happiness?
- A. negligible
 - B. negative, but weak
 - C.** positive, but weak
 - D. positive and strong
67. Research indicates that people who have heartfelt religious convictions
- A. are happier than people who are non-religious.
 - B. are less happy than people who are non-religious.
 - C.** are neither more nor less happy than people who are non-religious.
 - D. are less happy than people who are non-religious because they have less community support.

68. Research indicates that

- A. people with high IQ's are happier than people with low IQ's.
- B. people with low IQ's are happier than people with high IQ's.
- C.** there is no association between IQ and happiness.
- D. people with really high IQ's and really low IQ's are not as happy as people with average IQ's.

69. Which of the following is the best description of the relationship between health and happiness?

- A.** Good health may not, by itself, produce happiness, because people tend to take good health for granted.
- B. Good health is one of the best predictors of happiness.
- C. Individuals who develop serious health problems have difficulty adjusting and therefore are less happy than those who are healthy.
- D. People born with serious health problems are happier than others because they do not take their health for granted.

70. All of the following appear to have a moderate impact on subjective feelings of well-being except

- A. health.
- B.** physical attractiveness.
- C. religious belief.
- D. social activity.

71. Which of the following has been found to be strongly related to overall happiness?

- A. culture
- B.** marriage
- C. income
- D. physical attractiveness

72. Research indicates that

- A. married men are happier than married women.
- B. married women are happier than married men.
- C.** both married men and women are happier than unmarried men and women.
- D. both unmarried men and women are happier than married men and women.

73. The authors suggest that we should be careful about drawing conclusions about causes of happiness because

- A. they would not be based on empirical evidence.
- B. they would be based on experimental data.
- C.** they would be based on correlational data.
- D. they have been found to be invalid by some researchers.

74. An important insight that can be drawn from the research on happiness is that

- A. money can buy happiness.
- B. attractive people are generally happy people.
- C.** objective realities are not as important as subjective feelings.
- D. collectivist cultures are happier than individualistic cultures.

75. ____ occurs when people shift their own mental scale and change the baseline for comparisons of their own circumstances with those of other people.

- A. Codependency
- B. Empiricism
- C. Subjectivism
- D.** Hedonic adaptation

76. Research indicates that hedonic adaptation

- A.** probably helps protect mental and physical health.
- B. hinders mental health but does not affect physical health.
- C. is detrimental to physical but not mental health.
- D. has a negative effect on both mental and physical health.

77. In setting up a schedule for studying, you should

- A.** allow time for study breaks.
- B. develop a new set of priorities each day.
- C. try to get the simple, routine tasks out of the way first.
- D. avoid the temptation to break up major assignments into smaller parts.

78. A good place to study is one

- A. where you can listen to music while studying.
- B. that changes occasionally, to provide variety.
- C. that is associated with pleasant activities, like eating.
- D.** that minimizes demands on your willpower to avoid distractions.

79. When you reward yourself for meeting realistic study goals, you're using the principles of

- A. SQ3R.
- B. classical conditioning.
- C.** behavior modification.
- D. systematic desensitization.

80. In order for your reading to be effective, it must be done

- A. rapidly.
- B. actively.**
- C. repeatedly.
- D. in large chunks.

81. Which of the following is **not** involved in the survey step of the SQ3R method?

- A. Review the main terms in each chapter.**
- B. Consult the chapter outline or summary.
- C. Look over the topic headings in a chapter.
- D. Consider how parts of the chapter are related.

82. In the last step of the SQ3R method you should

- A. reread the chapter at a leisurely pace.
- B. reward yourself for all the work you have done.
- C. review by going over key points.**
- D. go back to the first step and repeat the process.

83. Which of the following is consistent with the information presented in the textbook regarding class attendance?

- A. Among successful students (grade average B or better) class attendance did not seem to matter.
- B. Among unsuccessful students (grade average C- or below) class attendance did not seem to matter.
- C. Even when an instructor delivers hard-to-follow lectures, it is important for all students to go to class.**
- D. It is only important for all students to go to class when instructors provide well-organized lectures.

84. Which one of the following is **not** included in active listening?

- A. focusing attention on the speaker
- B. asking those around you for clarification**
- C. anticipating what is coming next in the lecture
- D. paying attention to the speaker's nonverbal signals

85. When course material is especially difficult, it's a good idea to prepare for lectures by

- A. reading ahead on the subject of the lecture.**
- B. asking fellow classmates to explain the material to you.
- C. writing down questions that you can ask the instructor later.
- D. reviewing previous material that relates to the present topic.

86. A good reason for taking notes in your own words, rather than verbatim, is that

- A. most lecturers are quite wordy.
- B. "translating" on the spot is a helpful mental exercise.
- C. this reduces the likelihood that you will later engage in plagiarism.
- D.** this forces you to organize the information in a way that makes sense to you.

87. When a question occurs to you during a lecture, you should

- A.** ask it during class.
- B. ask a classmate about it after class.
- C. write it down and ask the instructor after class.
- D. not ask it, since this would interrupt the lecturer.

88. Which of the following is **not** one of the tips for getting more out of lectures?

- A. Ask questions in class.
- B. Listen actively to the lecture.
- C. Pay attention to the instructor's nonverbal signals.
- D.** Try to use the instructor's words when taking notes in class.

89. Overlearning refers to continued practice of material after you

- A. have completed your study plan.
- B. have already passed the relevant test.
- C.** have apparently mastered the material.
- D. have become exhausted from studying.

90. Cramming before a test will most likely

- A. increase your retention better than spreading out studying.
- B.** increase your test anxiety.
- C. increase your energy level.
- D. increase the efficiency of your memory.

91. On the day before a test in a particular course, it is probably best

- A.** to study even if you think you know the topic really well.
- B. not to overlearn the material.
- C. to avoid studying that material.
- D. to take advantage of the massed practice effect.

92. A useful study technique that helps to organize information is

- A.** outlining reading assignments.
- B. studying with a group of students.
- C. underlining important points in textbooks.
- D. memorizing the order of chapter headings.

93. ____ refers to learning by emphasizing the personal meaningfulness of material that one has learned in a course.

- A. Mnemonics
- B.** Deep processing
- C. Distributed practice
- D. Cramming

94. Exercising deep processing means

- A.** devoting effort to analyzing the meaning of the reading assignments.
- B. engaging in maintenance rehearsal to establish rote memory.
- C. using mnemonic devices.
- D. rereading the assignments over the course of several different sessions.

95. A mnemonic device is a strategy used for

- A. reading actively.
- B.** enhancing memory.
- C. reducing interference.
- D. promoting overlearning.

96. Using "Roy G Biv" to remember the order of colors in the light spectrum is an example of how ____ can help us remember information.

- A. acrostics
- B.** acronyms
- C. overlearning
- D. visual imagery

97. Using "Every good boy does fine" to remember the order of musical notes is an example of how ____ can help us remember information.

- A.** acrostics
- B. acronyms
- C. overlearning
- D. visual imagery

98. The loci method is a mnemonic device that involves

- A. making up a logical story.
- B. inventing a useful acronym.
- C. memorizing a simple poem.
- D.** taking a make-believe walk.

99. Despite our technological progress, social problems and personal difficulties seem more prevalent than ever before. This issue is known as the

- A. approach-avoidance conflict.
- B.** paradox of progress.
- C. self-realization dilemma.
- D. paradox of paradoxes.

100. According to your textbook, one of the major problems with self-help books is that they are dominated by

- A.** psychobabble.
- B. graphs and tables.
- C. research results.
- D. complicated mathematical models.

101. "Subjecting ideas to systematic, skeptical scrutiny" best describes which of the following processes?

- A. self-realization
- B.** critical thinking
- C. self-actualization
- D. psychological adjustment

102. The branch of psychology concerned with the diagnosis and treatment of psychological problems and disorders is called ____ psychology.

- A. social
- B.** clinical
- C. cognitive
- D. physiological

103. The emphasis of psychological science on systematic observation best illustrates which of the following concepts?

- A.** empiricism
- B. correlation
- C. determinism
- D. self-realization

104. Which of the following is **not** a characteristic of scientists' investigations?

- A. formal
- B. systematic
- C. subjective**
- D. objective

105. Which of the following is **most** likely to be used as an independent variable in a psychological experiment?

- A. reaction time
- B. desire to affiliate
- C. level of noise**
- D. aggression

106. A psychological researcher is best able to draw conclusions about cause-and-effect relationships by using which of the following research methods?

- A. survey
- B. case study
- C. experimental**
- D. naturalistic observation

107. The correlation coefficient measuring the relationship between time spent studying and percent correct on a psychology exam is likely to be

- A. zero.
- B. positive.**
- C. negative.
- D. subjective.

108. An in-depth investigation of an individual participant is called a(n)

- A. case study.**
- B. experiment.
- C. correlational study.
- D. naturalistic observation.

109. Which of the following variables is **least** important in determining an individual's happiness?

- A. health
- B. money**
- C. social activity
- D. job satisfaction

110. The best predictor of individuals' future happiness is their

- A. IQ score.
- B.** past happiness.
- C. marital status.
- D. financial status.

111. An organized study program should include

- A. a detailed schedule of when and what to study.
- B. a place of your own to study that is free of distractions.
- C. rewards that are immediate and satisfying when goals are attained.
- D.** all of these.

112. Which of the following is the correct order for the five steps in the SQ3R method?

- A. survey, question, recite, read, review
- B. question, survey, read, recite, review
- C. survey, question, review, read, recite
- D.** survey, question, read, recite, review

113. Mnemonic devices are techniques for

- A.** enhancing memory.
- B. improving class attendance.
- C. developing a study plan.
- D. becoming an active listener.

114. "Psychobabble" is best defined as

- A. psychological jargon.
- B. textbook definitions.
- C.** ill-defined terminology.
- D. technical terminology.

115. Which of the following is the best definition of psychology?

- A. the study of consciousness
- B.** the study of behavior and the profession that applies knowledge from these studies to solving practical problems
- C. the study of abnormal behavior and the profession that applies knowledge from these studies to diagnosing and treating people with mental illness
- D. the study of motivation, emotion, and memory

116. "Any overt response or activity by an organism" defines the term

- A.** behavior.
- B. empiricism.
- C. psychology.
- D. mental process.

117. Clinical psychology is primarily concerned with

- A. discovering the mechanisms of learning.
- B. the physiological processes involved in behavior.
- C. research dealing with the structure of consciousness.
- D.** the diagnosis and treatment of psychological problems.

118. Which of the following is the basis of empiricism?

- A. correlation
- B. logic
- C.** systematic observation
- D. common sense

119. A condition or event that an experimenter varies to see its impact on another variable is called a(n) _____ variable.

- A. control
- B. dependent
- C.** independent
- D. experimental

120. An experimental group consists of subjects who

- A. are unaware of the purpose of the study.
- B. merely act as if they are unaware of the purpose.
- C. receive some special treatment in regard to the dependent variable.
- D.** receive some special treatment in regard to the independent variable.

121. Which of the following is the primary advantage of the experimental method?

- A. It lacks the ethical concerns of other methods.
- B. It lacks the practical concerns of other methods.
- C. It broadens the scope of what psychologists can study scientifically.
- D.** It allows scientists to draw cause-and-effect conclusions.

122. In a case study,

- A.** an individual participant is studied in depth.
- B. systematic observation is used to see if a link exists between variables.
- C. behavior is carefully observed without intervening directly with subjects.
- D. a variable is manipulated while another variable is observed for changes.

123. The major disadvantage of correlational research is that it

- A. is costly to carry out.
- B. is artificial, and it is hard to apply the results to real-life settings.
- C. is time-consuming and impractical to manipulate variables.
- D.** cannot demonstrate conclusively that two variables are causally related.

124. Which of the following best characterizes the correlation between income and subjective feelings of happiness?

- A. negligible
- B. negative, but weak
- C.** positive, but weak
- D. positive and strong

125. Research indicates that

- A. married men are happier than married women.
- B. married women are happier than married men.
- C.** both married men and women are happier than unmarried men and women.
- D. both unmarried men and women are happier than married men and women.

126. In setting up a schedule for studying, you should

- A.** allow time for study breaks.
- B. develop a new set of priorities each day.
- C. try to get the simple, routine tasks out of the way first.
- D. avoid the temptation to break up major assignments into smaller parts.

127. In the last step of the SQ3R method you should

- A. reread the chapter at a leisurely pace.
- B. reward yourself for all the work you have done.
- C.** review by going over key points.
- D. go back to the first step and repeat the process.

128. Mnemonic devices are techniques for

- A.** enhancing memory.
- B. improving class attendance.
- C. developing a study plan.
- D. becoming an active listener.

129. Recent decades have provided us with an increased freedom to choose between multiple alternatives. This choice overload appears to be positively correlated with rumination, postdecision regret, and anticipated regret.

TRUE

130. One of the criticisms of self-help books is that they all use psychobabble rather than empirical evidence.

FALSE

131. This text attempts to discourage a critical attitude about psychological issues and to decrease the readers' critical thinking.

FALSE

132. Psychology confines itself to the study of human behavior.

FALSE

133. One advantage of the scientific method is its relative intolerance of error.

TRUE

134. Psychologists have found an association between feelings of hopelessness and suicidal behavior; that is, the more hopeless a person feels the more likely that person is to engage in suicidal behavior. This is a good example of a negative correlation.

FALSE

135. According to research, many common sense notions about happiness appear to be accurate.

FALSE

136. People's level of happiness tends to remain remarkably stable over the life span.

TRUE

137. In general women are less happy than men; this is evident in the statistics indicating that women are treated for depression about twice as often as men.

FALSE

138. It is important to understand that studying involves hard work.

TRUE

139. Explain what is meant by the paradox of progress and give two examples to illustrate your point.

Answer not provided.

140. What are the main qualities to look for in a good self-help book?

Answer not provided.

141. List and briefly describe two advantages of the scientific approach.

Answer not provided.

142. Define and explain the relationship between the dependent and independent variables in a psychological experiment.

Answer not provided.

143. Distinguish between an experimental group and a control group in a psychological experiment.

Answer not provided.

144. Under what specific conditions is correlational research appropriate in psychology?

Answer not provided.

145. What are the main advantages and disadvantages of correlational research methods in psychology?

Answer not provided.

146. List and describe three factors that are surprisingly **not** related to happiness.

Answer not provided.

147. List and briefly describe several factors that have been found to be very important determinants of happiness.

Answer not provided.

148. Briefly describe at least three strategies for learning more from your class lectures and studying.

Answer not provided.