

c1

Student: _____

1. Define psychology and indicate what kinds of behaviours it studies.
2. How do the goals of basic research and applied research differ?
3. How do the Robbers Cave experiment and the jigsaw classroom program illustrate the relation between basic and applied science?
4. What are the four goals of psychology? How are these goals related to one another?

10. What was the importance of Galvani's discovery for (a) the mind-body puzzle, and (b) the development of psychology as a science?

11. What subsequent technical developments were important in the study of brain-behaviour relations?

12. What is meant by natural selection? What is its role in physical and behavioural evolution?

13. According to evolutionary psychology, how do biological and behavioural evolution influence one another?

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

15. What methods do behaviour geneticists use to investigate the role of genetic factors in animal and human behaviour?

16. What is the conception of human nature advanced by the cognitive perspective?

17. Compare the goals and methods of structuralism and functionalism.

18. What does *gestalt* mean? How does this meaning relate to the goals and findings of Gestalt psychology?

19. What were the methods used and the conclusions reached by Piaget in his studies of cognitive development?

20. How have Beck and Ellis advanced our understanding of emotional problems?

21. What is studied in the cognitive science areas of artificial intelligence and cognitive neuroscience?

22. What do social constructivists say about the nature of "reality"?

23. Summarize the "They Saw a Game" study by Hastorf and Cantril (1954).

24. What causal factors are the focus of the psychodynamic perspective?

25. What observations convinced Freud of the importance of unconscious and childhood determinants of adult behaviour?

26. According to Freud, why are people afraid of and anxious about their sexual desires? What are defence mechanisms and what is repression?

27. In what sense is the human in continuous internal conflict, according to Freud?

28. What influences does Freud's theory have on contemporary psychology?

29. What are the important causal factors in behaviour within the behavioural perspective? How was this school of thought influenced by British empiricism?

30. What is behaviourism? What important people are associated with this movement?

31. What is cognitive behaviourism? How does it differ from radical behaviourism?

32. How does the humanistic conception of human nature and motivation differ from that advanced by psychoanalysis and behaviourism?

33. How does terror management theory draw on humanistic concepts? What are some of its major findings?

34. Define culture and norms. What functions does a culture serve?

35. Summarize the research of Margaret Mead.

36. Contrast individualistic and collectivistic societies.

37. Why is the distinction between originating and present causes important in the nature-nurture focus on evolutionary and cultural factors in behaviour?

38. In what sense has psychology come "full circle" from its early focus on mental events?

39. For each of the psychological perspectives, differentiate between their conceptions of human nature, major causal factors of behaviour, and predominant focus and methods of behaviour.

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

41. What does the biological level of analysis tell us about the causes of depression?

42. What kinds of psychological causal factors have been identified in depression?

43. Which causal factors in depression are seen at the environmental level of analysis?

44. What is meant by the interaction of causal factors?

45. In what sense do depressive behaviours have biological, psychological, and environmental consequences?

46. Summarize six important themes in contemporary psychology.

47. What are the four general classes of academic performance enhancement skills?

48. Summarize the history of Canadian university psychology departments.

49. What is the distinction between clinical psychologists and psychiatrists?

50. What are the major specialty areas in psychology? What is the major focus of each?

51. Describe three important principles of time management.

52. What does educational psychology research tell us about the effects of directions questions on retention of information? Why do they have these effects?

53. What kinds of strategies are used by testwise students when they take tests?

54. According to the text, psychology is defined as the:

- A. study of people's subjective mental lives.
- B. study of behaviour and its causes.
- C. examination of unconscious factors.
- D. study of personality.

55. When using the term "behaviour," psychologists mean:

- A. overt actions that can be directly observed.
- B. overt actions and inner mental processes such as thoughts and feelings.
- C. overt actions and physiological reactions.
- D. overt actions, inner mental processes, or physiological reactions.

56. Alex is friendly and outgoing, always having a kind word for everyone. Through observing his behaviour, we can make inferences about his _____ .

- A. mental processes
- B. internal state
- C. future thoughts
- D. external responses

57. Which of the following statements about basic and applied research is true?

- A. Basic research is less complex and less sophisticated than applied research.
- B. Basic research is done to solve practical problems while applied research is done simply to increase knowledge.
- C. Basic research is done simply to increase knowledge while applied research is done to solve practical problems.
- D. Basic research and applied research have the same goals but are completed by different researchers.

58. Dr. Adams is a psychologist who works in the area of animal behaviour. She has a particular interest in crows, and her research is mostly aimed at gaining more information about the behaviours of these birds, such as their mating habits, eating rituals, and so on. Dr. Adams's research is best described as:

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

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

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

60. Researchers studying human memory have participants memorize lists of words. These researchers then record how many of the words the participants accurately remember after the passage of time and exposure to new information. When an eyewitness to a crime identifies an attacker in court, lawyers might illustrate the limits of memory by using this type of research:

- A. applied
- B. basic
- C. elementary
- D. practical

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

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

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

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

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

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

64. The information gained from the Robbers Cave experiment was later used by Elliot Aronson to collect data on his jigsaw program, which was designed to increase harmony and academic achievement in multiracial schools. These two separate areas of research demonstrate how information initially gained from basic research can be used in _____ research.

- A. correlational
- B. insight
- C. laboratory
- D. applied

65. The procedure in which school children of different ethnicities or abilities are placed in small groups and each member of the group is given an essential piece of the information that the entire group needs to learn is called the:

- A. collaboration program.
- B. cooperation program.
- C. interaction program.
- D. jigsaw program.

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

- A. description
- B. understanding
- C. prediction
- D. control

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

- A. description
- B. understanding
- C. prediction
- D. control

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

- A. description
- B. understanding
- C. prediction
- D. control

69. Susan is attending a seminar on stress management. The psychologist leading the seminar states that, "most stress is caused by irrational thinking and the negative ways that we judge various situations." The psychologist's comments most closely resemble which goal of psychology?

- A. description
- B. understanding
- C. prediction
- D. Control

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

- A. description
- B. understanding
- C. prediction
- D. control

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

- A. description
- B. understanding
- C. prediction
- D. control

72. In many eyewitness studies, researchers carefully observe the "victim's" behaviour under various conditions. The presence of a weapon appears to decrease eyewitness accuracy in identifying the perpetrator. To test whether or not this is true, researchers reenact a robbery both with and without a gun. People viewing the robbery where a gun was used were far less accurate in their description of the robber. This knowledge has been used in courtroom cases, often discrediting eyewitness testimony. In this case, the idea that the presence of a weapon decreases eyewitness accuracy, corresponds to which of the basic goals of psychology?

- A. description
- B. understanding
- C. prediction
- D. application

73. In the 1960s, psychologists conducted a study at a summer camp for 11-year old boys. The researchers in this "Robbers Cave" experiment observed the behaviours of the boys in various competitive and cooperative conditions. This is an illustration of which goal of psychology?

- A. description
- B. understanding
- C. prediction
- D. control

74. In the 1960s, psychologists conducted a study at a summer camp for 11-year old boys. The researchers in the "Robbers Cave" experiment speculated that competition between two groups of boys was one of the primary factors responsible for the hostility between the groups. These speculations are most consistent with which goal of psychology?

- A. description
- B. understanding
- C. prediction
- D. control

75. In the 1960s, psychologists conducted a study at a summer camp for 11-year old boys. These researchers in the "Robbers Cave" experiment thought that if they created conditions in which the two groups of boys had to cooperate, then there would be less hostility between the groups. The "Robbers Cave" study showed that conflict between groups could be decreased by making the groups dependent upon one another to cooperate. This finding is an illustration of which goal of psychology?

- A. description
- B. understanding
- C. prediction
- D. control

76. In the 1960s, psychologists conducted a study at a summer camp for 11-year old boys. Researchers in the Robbers Cave experiment altered the conditions so that they were able to both increase group hostility (with competition) and decrease group hostility (with cooperation). Through altering these conditions, the psychologists were demonstrating this goal of psychology:

- A. description
- B. understanding
- C. prediction
- D. control

77. Charles Whitman was a mass murderer with no previous history of violence. In an attempt to understand Whitman's actions, psychologists used the following three levels of analysis were used:

- A. description, understanding, control
- B. biological, psychological, environmental
- C. behavioural, cognitive, humanistic
- D. behavioural, psychological, environmental

78. Charles Whitman was a mass murderer with no previous history of violence. In an attempt to explain the violent behaviour of Charles Whitman, some psychologists focused on the potentially important role of Whitman's unusual and irrational thoughts. These psychologists were attempting to explain Whitman's behaviour in terms of which level of analysis?

- A. structural
- B. psychological
- C. environmental
- D. biological

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

- A. psychological
- B. environmental
- C. biological
- D. structural

80. Charles Whitman was a mass murderer with no previous history of violence. In an attempt to explain his violent behaviour, a psychologist points to Whitman's recent stressful life events and to the way that violence is often reinforced and glorified in today's society. This psychologist's explanation is most compatible with which level of analysis?

- A. psychological
- B. environmental
- C. biological
- D. structural

81. When considering the mind–body puzzle, some philosophers argue that the mind is a separate entity from the body and is not subject to the same physical laws as the body. These individuals would belong to which philosophical position?

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

82. A central belief of the dualism position is that it suggests that:

- A. studying the body won't tell us anything about the mind.
- B. studying the body will enable us to learn more about the mind.
- C. the mind and body are essentially one.
- D. the mind should be studied by examining its individual components.

83. Monism is a belief that:

- A. mental events are a product of physical events.
- B. the mind is separate from the body.
- C. the mind is not subject to the physical laws of the body.
- D. research on the body cannot solve the mysteries of the mind.

84. When considering the mind-body puzzle, ancient philosophers who argued that the mind is not separate from the body belonged to which philosophical position?

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

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

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

86. The biological perspective emphasizes the role of three causal factors: the role of the brain, the manner in which genetic factors influence behaviour, and the role of:

- A. personality and temperament.
- B. biochemical processes.
- C. early childhood experiences.
- D. the environment.

87. The research of Luigi Galvani demonstrating that a severed frog's leg would move if electrical current was applied to it was important because it:

- A. inspired many additional experiments on biochemical processes.
- B. provided evidence supporting the sociobiological perspective.
- C. inspired many additional experiments on electrical nerve conduction.
- D. represented the creation of the first American experimental psychology laboratory.

88. In the early 19th century, Gall proposed that there was a relationship between eye prominence and mental processing power. Gall compared individuals with eyes that seemed to pop right out of their heads to individuals with eyes that sank right into their noses. Gall believed that the individual with prominent eyes was _____ than the individual with sunken eyes.

- A. more intelligent
- B. less intelligent
- C. more anxious.
- D. less anxious

89. Early studies brain mechanisms in learning in biological psychology were conducted by Franz and Lashley. When studying animals, Franz and Lashley detected a _____ correlation between loss of cortex and loss of function.

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

90. When Franz and Lashley removed most of a rat's cortex they found that

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

91. The following is an important technical advancement in the study of the relation between the brain and behaviour?

- A. the electroencephalogram (EEG).
- B. cellular recording device.
- C. computerized dynamic posturography.
- D. the x-ray.

92. Charles Darwin's theory of evolution was criticized because:

- A. many people thought that Darwin's research was not well documented.
- B. his theory contradicted religious and philosophical beliefs about the nature of man.
- C. he placed too much emphasis on unconscious motivational factors.
- D. it was too closely associated with structuralism.

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

- A. natural endurance.
- B. natural selection.
- C. natural extinction.
- D. natural survival.

94. Which of the following is most consistent with evolutionary psychology?

- A. An organism's biology determines whether it will survive or not; behaviour does not determine survival.
- B. An organism's biology determines its behavioural capabilities, and its behaviour then determines whether it will survive or not.
- C. An organism's biology and behaviour are determined by the environment.
- D. An organism's behaviour determines its biological capabilities.

95. Some individuals believe that complex social behaviours can be influenced by evolution. They also believe that natural selection favours behaviours that increase the chances that certain genes will be passed on to the next generation. These individuals are associated with:

- A. psychoanalysis.
- B. sociobiology.
- C. cognitive-behaviourism.
- D. behaviourism.

96. The Canadian sociobiologists Daly and Wilson noted that females make a greater investment in the reproductive process. Which of the following statements does **NOT** support their statement?
- A. Women have less opportunity to reproduce than males have.
 - B. Women have a greater health risk during pregnancy and delivery than males have.
 - C. In Canada, women contribute a greater proportion of the financial earning to meeting family expenses than men do.
 - D. In Canada, women tend to be the primary caregiver after divorce.
97. What criticism has been made **AGAINST** the sociobiological theory of evolution?
- A. It overemphasizes innate biological factors at the expense of cultural and social learning factors.
 - B. It overemphasizes cultural and social learning factors at the expense of innate biological factors.
 - C. It places too much emphasis on early childhood and unconscious factors.
 - D. It places too much emphasis on the role of thinking, planning, and reasoning.
98. Sometimes parents will sacrifice their own lives in order to ensure the survival of their children. An individual who associates with the sociobiological view would argue that these instances:
- A. are due to innate altruistic drives within every human being.
 - B. occur because genetic survival is more important than individual survival.
 - C. are due to the conflict between unconscious psychological forces and psychological defences.
 - D. occur because of the reinforcement of altruistic behaviour by culture and society.
99. The fields of sociobiology and evolutionary psychology are example of which psychological perspective?
- A. cognitive
 - B. sociocultural
 - C. biological
 - D. behavioural
100. The scientific study of the influence of genetic factors on behavioural tendencies is called:
- A. genetic behaviourism.
 - B. behaviour genetics.
 - C. sociogenetics.
 - D. sociobiology.
101. Behaviour geneticists use which of the following methods to address the role of genetic factors in behaviour?
- A. autobiographical journalling
 - B. brain imaging techniques.
 - C. selective animal breeding.
 - D. psychological interviews.

102. Behaviour geneticists use which of the following research methods to investigate the role of genetic factors in behaviour?

- A. twin studies
- B. narrative inquiry
- C. ethnography
- D. simulation methods

103. A psychologist who assumes that humans process information, plan and solve problems in a way that is similar to computers would most likely associate with which psychological perspective?

- A. psychodynamic
- B. biological
- C. behavioural
- D. cognitive

104. Structuralism, functionalism, and Gestalt psychology were all schools of thought that played important roles in the origin of which psychological perspective?

- A. sociocultural
- B. cognitive
- C. humanistic
- D. behavioural

105. When Gary lost his job, he became depressed and started binge-eating. Gary started to seek help from a therapist. To his surprise, the therapist was not at all interested in Gary's relationship with his mother, his family history, or anything about Gary's past. Instead, Dr. Lee focuses on what Gary is currently thinking and how he interprets those thoughts. Dr. Lee conducts therapy from what type of perspective?.

- A. psychoanalytic
- B. behaviourist
- C. humanistic
- D. cognitive

106. Who founded the first laboratory of experimental psychology in 1879?

- A. William James
- B. Edward Tichner
- C. Wilhelm Wundt
- D. Wolfgang Kohler

107. A method of analyzing and studying the mind in terms of its basic elements is known as:

- A. functionalism.
- B. structuralism.
- C. Gestalt psychology.
- D. Insight psychology.

108. Wilhelm Wundt and Edward Titchner both believed that the mind could be studied by breaking it down into its essential components. The approach that Wundt and Titchner espoused was known as:

- A. Structuralism.
- B. Insight psychology.
- C. Functionalism.
- D. Gestalt psychology.

109. Researchers who believed in the structuralism school of psychological thought studied sensations through which method?

- A. insight
- B. repression analysis
- C. introspection
- D. monitoring brain activity

110. While structuralists held that psychology should study the basic elements of consciousness, functionalists argued that psychology should concentrate on:

- A. the reasons behind consciousness.
- B. how the elements of consciousness are organized into holistic thinking.
- C. unconscious motivating factors.
- D. the innate human drive to grow and actualize.

111. Which approach to psychology is concerned with how elements of experience are organized into wholes?

- A. Structuralism
- B. Sociobiology
- C. Functionalism
- D. Gestalt psychology

112. The statement, "the whole is greater than, and often very different from, the sum of its parts," is most likely from which school of psychology?

- A. Gestalt psychology
- B. Functionalism
- C. Structuralism
- D. Evolutionary Psychology

113. Gestalt psychologists would argue that Lee and Freire's illusion in which an oval window surrounding a stretched face appears longer and an oval window surrounding a compressed face appears shorter than they really are demonstrates that:

- A. the most useful way to study perceptions and other mental processes is to break consciousness down into its basic elements.
- B. our perceptions and other mental processes are organized so that the whole is not only greater than, but also different from the sum of its parts.
- C. our tendency to perceive the whole is, like other forms of perceptual organization, not a built-in aspect of our nervous system.
- D. the most useful way to study perceptions and other mental processes is to focus on adaptive behaviours that help organisms to respond successfully to their environment and survive.

114. What did Wolfgang Kohler call the sudden perception of an important relationship or solution to a problem?

- A. introspection
- B. interaction
- C. insight
- D. self-actualization

115. Sultan the chimpanzee once creatively joined two short sticks together in order to reach a banana that had been placed outside of his cage. According to Wolfgang Kohler, this was an example of:

- A. insight.
- B. introspection.
- C. natural selection.
- D. perception.

116. Jean Piaget, Albert Ellis, and Aaron Beck were all mentioned as theorists who have had a strong impact on which psychological perspective?

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

117. Professor Jean Piaget is best known for his research in which area?

- A. his work on artificial intelligence
- B. how irrational thought patterns contribute to emotional problems
- C. the cognitive development of children
- D. evolutionary psychology

118. Which of the following was a main research technique used by developmental psychologist Jean Piaget?

- A. carefully observing children while they solved problems
- B. interviewing parents about their children's reasoning strategies
- C. administering standardized child intelligence tests
- D. monitoring the brain activity of children while they recalled memories

119. Based on his research on the cognitive development of children, Jean Piaget concluded that children:

- A. are essentially "blank slates" who are shaped by their environments.
- B. naturally pass through specific stages of cognitive development as they age.
- C. mimic the behaviours of their parents.
- D. have innate desires to actualize their potentials.

120. Piaget's thinking on cognitive development may have been influenced by:

- A. Beck's attempts to understand the role of cognitive distortions in the development of emotional problems.
- B. Ellis' claim that cognitive abilities can be explained by the accumulation of past experiences.
- C. Broughton's experiments on how children thought about and solved problems.
- D. Baldwin's identification of stages in early development.

121. Aaron Beck and Albert Ellis both have made significant contributions to which area?

- A. developmental psychology
- B. behaviour modification
- C. psychological disorders
- D. sociobiology

122. Researchers who are interested in developing complex computer models of human thought, reasoning, and problem solving would most likely be in which area of modern cognitive science?

- A. social constructivism
- B. cognitive neuroscience
- C. artificial intelligence
- D. behaviourism

123. A psychological researcher states that we will greatly enhance our understanding of how humans think if we are able to simulate or duplicate human cognitive processes using computers. This researcher is most likely working in which of the following areas?

- A. behaviour genetics
- B. artificial intelligence
- C. sociobiology
- D. psychoanalysis

124. Hebb hypothesized that there is a structure within the brain that explains how repetition increases the ability to complete a particular response. He named the structure:

- A. a neural network.
- B. a cell assembly.
- C. an expert system.
- D. a synaptic complex.

125. A cell assembly is:

- A. a group of brain cells in which connections are assumed to be strengthened with repeated usage.
- B. a neural network responsible for movement.
- C. a neurological pathway for synaptic transmissions.
- D. a connective expert system that facilitates brain functioning

126. A particular research lab uses advanced electrical recording and brain imagining tools to monitor brain functioning while people engage in various mental activities. Researchers in this lab are most likely doing investigations in which area of modern cognitive science?

- A. behaviour modification
- B. cognitive neuroscience
- C. cognitive behavioural
- D. artificial intelligence

127. The research area of cognitive neuroscience represents a combination of which two psychological perspectives?

- A. biological and behavioural
- B. behavioural and cognitive
- C. behavioural and cognitive behavioural
- D. biological and cognitive

128. The viewpoint within the cognitive perspective which argues that "reality" is a mental creation is called:

- A. social constructivism.
- B. evolutionary psychology.
- C. sociobiology.
- D. cognitive neuroscience.

129. A cognitive psychologist attempts to explain the long-term conflict between the Catholics and Protestants in Ireland in terms of the different "mental realities" that people in each group have created for themselves. This psychologist most likely follows which particular cognitive viewpoint?

- A. artificial intelligence
- B. cognitive neuroscience
- C. cognitive behaviourism
- D. social constructivism

130. Albert Hastorf and Hadley Cantril's (1954) research on the different perspectives of fans watching a football game between Dartmouth and Princeton was considered to be one of several significant studies that contributed to the "_____ revolution".

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

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

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

132. Which psychological perspective stresses the role of unconscious processes and unresolved conflicts from the past?

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

133. The psychodynamic perspective emphasizes all of the following causal factors **EXCEPT**:

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

134. Sigmund Freud based much of his psychoanalytic theory on his investigation of which psychological disorder?

- A. panic disorder
- B. hysteria
- C. depression
- D. multiple personality disorder

135. Which technique did Sigmund Freud use to treat his hysterical patients?

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

136. What common childhood factor was consistently reported by Sigmund Freud's patients who had hysteria?

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

137. Sigmund Freud believed in the importance of unconscious and childhood experience factors. He based his beliefs on all of the following observations **EXCEPT**:

- A. His patients consistently reported childhood memories of sexual abuse.
- B. His patients often improved after "reliving" previously forgotten memories of childhood sexual abuse.
- C. He noticed that there was a great deal of sexual content in dreams and "slips of the tongue."
- D. He noticed how people often engaged in habitual activities with little conscious awareness.

138. The psychological defence mechanism that protects people from anxiety by keeping anxiety-producing thoughts, feelings, memories, and impulses in the unconscious is called:

- A. insight.
- B. rehearsal.
- C. hysteria.
- D. repression.

139. Sigmund Freud speculated that people are afraid to acknowledge their sexual desires because these desires are:

- A. punished during childhood.
- B. produced by innate aggressive impulses.
- C. uncontrollable and inherently frightening.
- D. unconsciously associated with instincts.

140. Sigmund Freud assumed that humans are in a never-ending internal struggle because of the continuous conflict between:

- A. people and their environments.
- B. impulses and defences.
- C. impulses and the environments.
- D. repression and defences.

141. Sigmund Freud assumed that humans are in a never-ending internal struggle because of:

- A. the conflicting reinforcement and punishment we receive from our environment.
- B. neurological imbalances that are inherent in the human mind.
- C. conflicts between various irrational thoughts that people think.
- D. the continuous conflict between internal impulses and defences.

142. A major criticism of Sigmund Freud's theory of psychoanalysis is that:

- A. it is difficult to validate because many of its concepts are difficult to measure.
- B. it did not distinguish between impulses and defences.
- C. it did little to stimulate the development of new psychological theories.
- D. it was not comprehensive enough to explain human behaviour.

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

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

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

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

145. The psychological perspective that focuses on the role of the external environment in influencing and affecting our actions is called the:

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

146. In psychology, the behavioural perspective was influenced by which philosophical perspective?

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

147. The notion of "tabula rasa" is most consistent with which of the following statements?

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

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

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

149. Wesley Mills' pioneering studies of newborn puppies and kittens through observation suggest that Mills approached research as:

- A. an empiricist.
- B. an introspectionist.
- C. a structuralist.
- D. a humanist.

150. A psychologist who believes that the focus of psychology is not inner mental events but observable actions is most likely associated with which psychological perspective?

- A. cognitive
- B. biological
- C. behavioural
- D. sociocultural

151. A researcher who is interested in discovering the common principles that influence human and animal learning is most likely associated with which psychological perspective?

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

152. It has been said that no two children receive the same parenting as parents respond to and treat each child differently. Watson and Skinner would probably agree with this statement because _____ .

- A. siblings exhibit differences learned from their parents
- B. one's environment changes based on parents' responses
- C. one's environment changes based on one's responses to it
- D. siblings exhibit similarities learned from their parents

153. The perspective that emphasizes the environmental control of actions through learning is known as:

- A. behaviourism.
- B. constructivism.
- C. humanistic.
- D. psychoanalysis.

154. The statement, "a person does not act upon the world, the world acts upon the person," would most likely have been said by:

- A. Sigmund Freud.
- B. Carl Rogers.
- C. B.F. Skinner.
- D. Aaron Beck.

155. Behaviourism gave rise to a set of behaviour change techniques that were known as:

- A. behaviour creation.
- B. behaviour design.
- C. behaviour enhancement.
- D. behaviour modification.

156. A psychologist who acknowledges the importance of both the environment and internal thoughts in determining human behaviour would likely be associated with the following perspective on psychology?

- A. cognitive-behavioural
- B. behavioural
- C. sociocultural
- D. evolutionary biology

157. Susan is having trouble with anxiety and is working with a therapist to address this problem. As part of her treatment, the therapist teaches Susan how to change her anxiety-provoking thoughts and how to change her environment so that it reinforces the positive behaviours she wants to practice. Susan's therapist is most likely associated with which area of psychology?

- A. humanistic
- B. psychodynamic
- C. sociocultural
- D. cognitive-behavioural

158. The perspective that acknowledges the importance of the environment and internal mental processes in determining behaviour is called:

- A. sociocultural.
- B. psychodynamic.
- C. environmental
- D. cognitive behavioural.

159. The psychological perspective that arose from the philosophical roots that emphasized free-will, innate tendencies to work towards personal growth, and the attempt to find meaning in personal existence is called:

- A. sociocultural
- B. behavioural
- C. humanistic
- D. cognitive

160. Humanistic theorists assume that everyone has an innate tendency towards personal growth and achieving one's individual potential. This concept is called:

- A. self-realization.
- B. self-actualization.
- C. self-esteem.
- D. self-confidence.

161. The humanistic and behavioural perspectives are similar in that:

- A. both acknowledge the importance of the environment.
- B. both acknowledge the importance of aggressive impulses.
- C. both focus on unconscious factors.
- D. both assume that human nature is essentially good.

162. Jerry and his psychologist often discuss how Jerry finds personal meaning in his life. The psychologist also focuses on the power of choice and free will. This psychologist most likely believes in which psychological perspective?

- A. behavioural
- B. psychodynamic
- C. humanistic
- D. biological

163. The psychodynamic and humanistic perspectives are similar in that both acknowledge the importance of:

- A. biology in determining growth and development.
- B. internal personality processes.
- C. culture shaping individual choices.
- D. the unconscious determinants of behaviour.

164. In response to the psychodynamic and behaviourist perspectives, the humanistic movement believes that:

- A. personality development is controlled by the individual.
- B. personality development is not controlled by the individual.
- C. personality development can not be influenced by the environment or early childhood experiences.
- D. personality development characteristics are predetermined.

165. Keri has always had a strong desire to paint. Her parents insist she go to college rather than the art school she wishes to attend. Her therapist, who is aligned with the humanistic perspective believes:

- A. Keri will learn to appreciate another more lucrative career path in college.
- B. Keri will become frustrated with college and not be able to fulfill herself.
- C. Keri will forget about painting and learn a new skill as she experiences new things.
- D. Keri will be successful in college and will appreciate her parents' advice.

166. Which theory states that an innate desire for life and the awareness of the inevitability of death combine to create extreme existential anxiety?

- A. terror management theory
- B. insight theory
- C. introspection theory
- D. hysteria theory

167. The psychological perspective that focuses on the diversity of societies and how customs are transmitted to its members is called:
- A. sociocultural.
 - B. biological.
 - C. evolutionary psychology.
 - D. humanistic.
168. The term that refers to persisting values, beliefs, behaviours, and traditions that are shared by a large group of people and are passed from one generation to the next is:
- A. culture.
 - B. sociobiology.
 - C. introspection.
 - D. self-actualization.
169. One of the founders of Cross Cultural Psychology, John Berry, noted that culture:
- A. refers to the rules that specify acceptable and expected behaviour for members of that group.
 - B. has a very complex definition.
 - C. is an expression of the world view of that group.
 - D. is a way of being that is passed on from one generation to the next.
170. According to the sociocultural perspective, the rules that specify what is and is not acceptable behaviour for members of a group (such as what men and women should wear or how to act in different social situations) are called:
- A. cultural standards.
 - B. ideals.
 - C. norms.
 - D. principles.
171. Sam and Ben are brothers. Sam attends the local neighborhood school, while his younger brother, Ben, attends an exclusive private school. Sam is very proud of his home and frequently invites friends over to his house to study or just relax. Ben, on the other hand, does not want his classmates to see how poor his family is and is embarrassed by the small house his family lives in. In this case, the opposing views of the same home can be explained from a sociocultural perspective in the following way:
- A. Ben's negative view of the world is a result of being the youngest child.
 - B. Each boy's reality is shaped by his different social settings at school.
 - C. Sam has more friends than Ben and is therefore more comfortable with his home.
 - D. Ben's friends value money; whereas Sam's do not.

172. Margaret Mead's observations of three different tribes from New Guinea most clearly demonstrated the influence of:

- A. culture and cultural expectations on behaviour.
- B. thinking and reasoning on behaviour.
- C. biology and environment on behaviour.
- D. unconscious factors on behaviour.

173. In the Tchambuli tribe from New Guinea, women are more assertive and are responsible for obtaining the tribe's food, while the men usually spend their days working on their art and talking about the women.

According to Margaret Mead, this reversal of the typical western gender roles is:

- A. due to the unusual genetic makeup of the people in this tribe.
- B. a product of their unique cultural expectations and learning experiences.
- C. due to the tribe's environment.
- D. a product of this tribe's lack of awareness of Western culture.

174. According to the text, one of the most important differences between any two cultures from a psychological perspective is the extent to which they are:

- A. capitalistic or communistic.
- B. rural or industrialized.
- C. individualistic or collectivistic.
- D. materially-oriented or achievement-oriented.

175. Most industrialized cultures such as North America and Europe emphasize a different cultural orientation than cultures such as those in Asia, Africa, and South America. In Asia, Africa and South America, the cultural orientation emphasis is on

- A. collectivism
- B. individualism
- C. functionalism
- D. materialism

176. Gabriella was raised in a family where individual achievement and accomplishment were stressed by both of her parents. She was constantly encouraged to set personal goals for herself and to strive to achieve them.

The values emphasized by Sara's family are most consistent with:

- A. collectivism.
- B. structuralism.
- C. individualism.
- D. functionalism.

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

- A. collectivism.
- B. structuralism.
- C. individualism.
- D. functionalism.

178. Which of the following statements about American and Japanese schools is true?

- A. Japanese children tend to work alone on individual projects, while American children tend to work in groups.
- B. Japanese children tend to work in groups, while American children tend to work alone on individual projects.
- C. Even when students are working individually, American teachers are more likely to direct their comments to the group.
- D. Even when students are working in a group, Japanese teachers are more likely to direct their comments to individuals.

179. It is possible that evolution was initially responsible for certain differences between men and women but, it may be that cultural practices currently influences and maintains these differences. This explanation makes an important distinction between:

- A. functional causes and structural causes.
- B. functional causes and originating causes.
- C. originating causes and structural causes.
- D. originating causes and present causes.

180. The sociocultural and behavioural perspectives are similar in that both emphasize:

- A. the importance of internal mental factors.
- B. the role of the environment on the development of behaviour.
- C. the effect of biological factors on behaviour.
- D. the importance of innate human drives to actualize potential.

181. As an attempt to explain human nature, which psychological perspective views humans as reactors to their environment?

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

182. As an attempt to explain human nature, which psychological perspective views humans as free-thinking agents who seek personal meaning and self-actualization?

- A. biological
- B. behavioural
- C. humanistic
- D. psychodynamic

183. As an attempt to explain human nature, which psychological perspective views humans as interactive beings embedded in a group?

- A. humanistic
- B. psychodynamic
- C. cognitive
- D. sociocultural

184. Which psychological perspective views perception, memory processes, and thoughts as some of the major causes of behaviour?

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

185. Which psychological perspective views unconscious motives and early childhood experiences as among some of the major causes of behaviour?

- A. sociocultural
- B. biological
- C. cognitive
- D. psychodynamic

186. Which psychological perspective views societal norms and group interactions as among some of the major causes of behaviour?

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

187. In western cultures, women are considered the primary caregivers of infants and children. It also seems that, as our population ages, women are the primary caregivers of the elderly. The evolutionary perspective may argue that this is so because:

- A. women are biologically predetermined to be caregivers.
- B. women receive societal rewards for the ability to give care.
- C. women learn from an early age to care for others.
- D. women understand that survival depends on the weakest in the group.

188. In psychology, both the psychodynamic and cognitive perspectives are considered to be operating at:

- A. the biological level of analysis.
- B. the psychological level of analysis.
- C. the environmental level of analysis.
- D. the cognitive level of analysis.

189. There are six psychological perspectives (sociocultural, humanistic, behavioural, psychodynamic, cognitive, biological) on behaviour. What three levels of analysis allow us to integrate causal factors suggested by each of the six psychological perspectives?

- A. biological, cognitive, sociocultural
- B. biological, psychological, environmental
- C. biological, psychodynamic, environmental
- D. psychological, cognitive, behavioural

190. According to the text, in order to obtain a complete understanding of behaviour we need to:

- A. move back and forth between different levels of analysis.
- B. focus our attention on the environmental and biological levels of analysis.
- C. focus our attention on the psychological level of analysis.
- D. pick one of the three levels of analysis and apply it rigorously and thoroughly.

191. Sandra has a promising career, dates interesting men, and she is quite content to remain single and child-free. Her family strongly supports her choices and celebrates her success as a professional. Her sister, who was married briefly and then experienced an unpleasant divorce, is open about her disdain for long-term commitment. We can make an effort to understand Sandra's behaviour using different levels of analysis. In this case, the influence of Sandra's family on her decision to stay single and child-free fits with the _____ level of analysis.

- A. biological
- B. psychological
- C. environmental
- D. cognitive

192. Which psychological disorder is generally considered to be the "common cold" of emotional disturbances?

- A. schizophrenia
- B. anxiety
- C. depression
- D. multiple personality

193. All of the following are biological factors associated with depression **EXCEPT** which of the following?

- A. Depressed people are more likely than non-depressed people to have relatives who are also depressed.
- B. Drugs that effectively treat depression appear to operate by restoring the balance of neurotransmitters.
- C. The biological rhythms associated with sleep tend to be disrupted in depressed individuals.
- D. Depressed people are more likely to have negative views of themselves and the world.

194. If you wanted to understand some of the important causes of depression and you paid attention to the negative thinking that often accompanies depression, you would be interpreting depression from which level of analysis?

- A. biological
- B. psychological
- C. environmental
- D. cognitive

195. Research on the psychological causes of depression has found that clinically depressed people:

- A. tend to take personal responsibility for the good things that happen to them while they tend to dismiss bad things that happen.
- B. typically have a hopeless attitude towards the world, the future, and themselves.
- C. can feel optimistic about managing themselves and their environments during stressful events.
- D. tend to suffer from specific brain abnormalities.

196. According to the behavioural perspective, depression is the result of:

- A. negative or pessimistic patterns of thinking.
- B. a depressed personality.
- C. a non-rewarding environment.
- D. imbalances in neurotransmitters.

197. Research on depression in various cultures has found that the symptom patterns of depression are different in various cultures and that the relative occurrence of depression for men and women is _____ in various cultures.

- A. higher for men than women
- B. different for men and women
- C. the same for men and women
- D. higher for women than men

198. When deconstructing a disorder such as depression, the presence or strength of one factor influences the effects of other factors. This presence of one factor influencing the effect of another factor is called an:

- A. association.
- B. interassociation.
- C. interaction.
- D. interrelation.

199. Two people are both witnesses to a violent earthquake. One person is mildly upset by this event and copes well with it. The other person, who has a biological predisposition to anxiety, becomes very stressed after the event, has difficulty coping with it, and eventually gets ill. Because the effects of the earthquake differed, depending on whether the person had the predisposition of anxiety or not, this would be an example of an:

- A. interrelation.
- B. interaction.
- C. insight.
- D. interassociation.

200. A person who is depressed begins eating poorly and quits exercising. These behaviours in turn result in a change in the person's physiology. This would be an example of:

- A. the person's biology affecting his/her behaviour.
- B. the person's behaviour affecting his/her biology.
- C. the person's biology affecting the environment.
- D. the person's environment affecting his/her behaviour.

201. Bob is mildly depressed. Because of his generally negative attitude and hopelessness, Bob's friends, who typically enjoy his company, no longer want to spend time with him. The impact of Bob's depression on his friends is an example of:

- A. environmental factors affecting biological factors.
- B. biological factors affecting behavioural factors.
- C. behavioural factors affecting environmental factors .
- D. behavioural factors affecting biological factors.

202. One major theme in psychology emphasizes that our biological endowment and our personal experiences interact to influence how we behave. This is an example of:

- A. nature and nurture associating.
- B. heredity and culture associating.
- C. culture and nature associating.
- D. heredity and nurture associating.

203. Since he was a little boy, Niko has wanted to help people be healthy and he always thought he would be a doctor when he grew up. Now in university, Niko is reluctant to commit to pre-medical studies because he has seen the overuse of medication, and he believes he can help people without drugs. Which of the following career paths in psychology might Niko consider?

- A. clinical psychology
- B. educational psychology
- C. organizational psychology
- D. social psychology

204. What are the four general classes of academic performance enhancement strategies?

- A. time management, study skills, constant feedback, test-taking skills
- B. time management, prioritizing, test-preparation strategies, test-taking skills
- C. time management, study skills, test-preparation strategies, test-taking skills
- D. time management, study skills, test-preparation strategies, written schedules

205. The specialty area in psychology that focuses on the study of nonhuman species in natural and laboratory environments is:

- A. comparative psychology.
- B. behavioural psychology.
- C. cross-cultural psychology.
- D. cognitive psychology.

206. A specialty area that focuses on the study of basic processes such as learning, perception, and motivation is called:

- A. cognitive psychology.
- B. comparative psychology.
- C. experimental psychology.
- D. developmental psychology.

207. The specialty area in psychology that focuses on how the presence of other people influences an individual's behaviour, thoughts, and feelings is called:

- A. personality psychology.
- B. cross-cultural psychology
- C. organizational psychology
- D. social psychology

208. The three important principles of effective time management are:

- A. creating written schedules, prioritizing, studying in the same place.
- B. studying in the same place, prioritizing, monitoring progress.
- C. getting feedback, prioritizing, monitoring progress.
- D. creating written schedules, prioritizing, monitoring progress.

209. When you are studying and attempting to retain material, the directed questions study method is _____:

- A. as effective as underlining the text as you read.
- B. almost as effective as underlining the text as you read.
- C. more effective than underlining the text as you read.
- D. not at all effective when compared to underlining the text as you read.

210. Research looking at the effectiveness of different study techniques found that in general, study techniques:

- A. made no difference in students' memory capacity.
- B. increased students' memory capacity by about 10 percent.
- C. increased students' memory capacity by about 20 percent.
- D. decreased students' memory capacity by about 20 percent.

211. Which of the following was mentioned as a strategy that is often used by testwise students?

- A. On multiple choice tests, rule out the obviously incorrect answers immediately.
- B. Multiple choice alternatives containing the words "always," "never," "universally," and "totally" are usually correct.
- C. Multiple choice alternatives containing qualitative terms such as "tend," "often," and "generally" are usually incorrect.
- D. On multiple choice tests, don't change your first answer because it is usually correct.

212. Julie wants to earn good grades in college and planned to devote enough time studying to succeed. However, Julie's apartment is a mess, and although it is the quietest place to study, she cannot focus to study when she is surrounded by a mess. . Julie decides to clean up her apartment and then she is too tired to study. Julie has a problem with:

- A. using an active approach to learning.
- B. prioritizing her tasks.
- C. finding a suitable study place.
- D. setting appropriate goals for herself.

213. Psychology can be defined generally as the scientific study of the mind.

True False

214. The goal of basic research is simply to learn more about something, while applied research is typically done to solve some real-world problem.

True False

215. One goal of psychology is being able to predict how animals or people will behave under specific circumstances.

True False

216. Psychological research has shown that the most important psychological perspective for understanding human behaviour is the biological perspective.

True False

217. The dualism perspective assumes that the mind and body are one, while the monism position asserts that the mind is in fact separate from the body.

True False

218. A criticism of the sociobiological approach is that it places too much emphasis on cultural factors.

True False

219. Stanley Coren, of the University of British Columbia, has demonstrated that it is not possible to use behaviour genetics to rank different breeds of dogs based on their abilities to learn and obey commands.

True False

220. The cognitive psychological perspective views human beings as information processors who think, plan, and problem-solve.

True False

221. Structuralists were concerned with breaking human consciousness down into its essential components, while Gestalt psychologists were interested in how the elements of experience are organized into wholes.

True False

222. Jean Piaget asserted that children pass through specific stages of cognitive development.

True False

223. The viewpoint that assumes that "reality" is largely a mental creation is known as social constructivism.

True False

224. Sigmund Freud first thought that his patients with hysteria were creating fantasies about being sexually abused as children, but he later revised this view and stressed that he believed these reports to be real and accurate.

True False

225. Among his other pioneering contributions, Sigmund Freud was the first to suggest that humans were influenced by forces of which they were unaware.

True False

226. One of the strengths of Sigmund Freud's psychoanalytic theory is that his concepts are relatively easy to assess and measure.

True False

227. In his observational studies of the behaviour of newborn puppies and kittens, Wesley Mills is an example of an empiricist.

True False

228. The behavioural psychological perspective is rooted in the work of structuralist Wilhelm Wundt.

True False

229. The humanistic psychological perspective emphasizes free will and innate human tendencies towards growth.

True False

230. Terror-management theory was discussed in the context of the behavioural perspective.

True False

231. Collectivistic cultures place a strong emphasis on personal goals and accomplishments.

True False

232. If cultural factors maintain and support a gender difference that was first created by evolution, these cultural factors would be considered examples of present causes.

OMIT. No material relating to this.

Ans:True

True False

233. A psychologist who emphasizes the importance of early childhood experiences and unconscious factors would likely be associated with the cognitive-behavioural psychological perspective.

True False

234. The behavioural psychological perspective typically operates at the environmental level of analysis.

True False

235. An interaction is when the presence or strength of one factor can influence the effect of another factor.

True False

236. Regarding research on depression, it is generally assumed that the biological level of analysis is the most useful in terms of shedding light on the disorder.

True False

237. The field of psychology tends to favour the use of direct observation over reasoning as a means of gaining knowledge.

True False

238. Although psychology courses have been taught in Canada since the early 1900s, the earliest independent psychology department at a Canadian university was not created until 1924 at McGill University.

True False

239. The training and practice of psychiatrists is, for all intents and purposes, the same as that of psychologists who perform mental-health services.

True False

240. The three important guidelines for effective time management are using written schedules, prioritizing, and constantly monitoring your progress.

True False

241. Psychology is the scientific study of _____ and the factors that influence it.

242. _____ research is designed to solve specific practical problems.

243. Elliot Aronson and his colleagues used the results of the Robbers Cave experiment to create a classroom procedure called the _____.

244. The four goals of psychology are to _____, understand, predict, and control.

245. The 6 broad view points employed by psychologists to understand the diverse causes of behaviour are called _____.

246. Most modern scientists hold the view that mind and body are one. This view of the mind-body relationship is called _____.

247. The invention of the _____ in 1929 allowed researchers to measure electrical activity in the brain.

248. The field of _____ specifically focuses on the role of evolution in the development of human behaviour.

249. _____ attempts to study how behavioural tendencies are affected by genes.

250. The _____ psychological perspective places an emphasis on how individuals process information and solve problems.

251. Gestalt psychologist Wolfgang Kohler defined _____ as the sudden perception of a significant relationship or a solution to a problem.

252. Jean Piaget is known for his theory of _____ development in children.

253. Aaron Beck and Albert Ellis investigated how mental distortions and _____ contribute to emotional problems.

254. The modern field of cognitive psychology called _____ attempts to better understand human reasoning and thought processes by using complex computer modeling.

255. The new area of _____ arose from the melding of the biological and cognitive perspectives.

256. The _____ perspective emphasizes the importance of unconscious processes and conflicts, early childhood experiences, and personality.

257. _____ is the psychological disorder in which people develop physical symptoms such as blindness, pain, or paralysis, yet there is no obvious biological cause for these symptoms.

258. Sigmund Freud's particular psychodynamic theory was called _____.

259. The origins of the behavioural perspective can be found in the 17th century school of philosophy known as _____.

260. B. F. Skinner is the leading figure in the psychological perspective known as _____.

261. Albert Bandura is one of the leading figures in the _____ approach, which attempts to combine two major psychological perspectives.

262. The humanistic concept of _____ refers to reaching one's individual potential.

263. _____ theory assumes that existential fear is created in people because of their innate desire for life and the anxiety associated with the inevitability of death.

264. _____ are the rules that a culture uses to specify what is and is not acceptable behaviour.

265. Japan is generally considered to be a collectivistic culture, while the United States is typically viewed as a(n) _____ culture.

266. Some psychologists argue that evolution may initially be responsible for certain behaviours, but that culture may determine whether these behaviours actually appear or not. In this case, evolution would be considered an example of a(n) _____ cause.

267. The _____ psychological perspective emphasizes underlying thoughts, planning, perceptions and memory as main causal factors in human behaviour.

268. The _____ psychological perspective emphasizes an individual's innate drive for self-actualization and for personal meaning in order to explain behaviour.

269. The three levels of analysis for describing behaviour are biological, _____, and environmental.

270. A psychologist who examines the brain processes associated with depression is operating at the _____ level of analysis.

271. People with the psychological disorder _____ typically take no credit for the good things that happen in their lives, while they blame themselves for the things that go wrong.

272. The fact that psychology is considered a(n) _____ science means that direct observation is favoured over intuition or reasoning as a means of gaining knowledge.

273. The first psychology department in Canada was established in 1924 at _____ University.

274. _____ are medical doctors who receive specialized training in diagnosing and treating mental disorders.

275. The directed questions study method is thought to work because it reduces test anxiety, provides a means of actively learning the material, and provides constant _____ regarding what you've learned.

276. Describe the structuralism, functionalism, and Gestalt approaches to psychology. Which psychological perspective did these approaches contribute to? Which approach had the largest impact on psychology? Be sure to mention the names of important or relevant people associated with each approach.

277. Using the three levels of analysis (biological, psychological, and environmental) describe what is known about depression. What has research at each of these levels revealed about this disorder?

278. Briefly summarize the results of Albert Hastorf's and Hadley Cantril's "They Saw a Game" study. Be sure to discuss what led them to conduct their research, how they went about trying to answer their questions (e.g., their methods) and what results they obtained. What "revolution" did this research study contribute to?

279. What are the four primary goals of psychology? Give examples of how these goals would relate to a psychologist who is researching test anxiety. Relate these goals to yourself by giving examples of how they apply to your own life.

280. Describe and summarize the results of the Robbers Cave experiment and Elliot Aronson's jigsaw program. Be sure to classify each study as either basic or applied research and discuss how the two studies are related to one another.

281. Describe biological, psychodynamic, and behavioural perspectives. In your answer, be sure to discuss each perspective's 1) conception of human nature, 2) assumptions about the major causes of behaviour, and 3) predominant foci and methods of discovery.

282. Describe the humanistic, sociocultural, and cognitive perspectives. Mention which level of analysis (biological, psychological, or environmental) the perspective tends to utilize. Note any major similarities or differences between the perspectives.

283. Describe the case of Charles Whitman. Briefly mention what happened and some of the relevant details of the tragedy. Using each of the three levels of analysis (biological, psychological, and environmental), interpret and explain why this terrible incident may have happened.

284. Discuss Charles Darwin's theory of evolution and the process of natural selection. Which psychological perspective is evolutionary theory associated with? Describe how evolutionary theory has continued to "evolve" in the modern approaches of evolutionary psychology and sociobiology.

285. Explore the development of the behavioural perspective by discussing the contributions of the following people on the perspective: John Locke, Ivan Pavlov, John Watson, and B.F. Skinner.

286. Define hysteria and repression and discuss how they relate to Freud's conception of the mind.

287. Outline five of the major areas of specialization within psychology specifying the area of focus for each of these areas. Also, briefly outline the typical level of training for a psychologist and state how the training of psychologists and psychiatrists differ.

288. The text specifies three levels of analysis and six perspectives on behaviour. Discuss how the six difference perspectives can be related to these three levels of analysis.

289. Select any three of the six themes that are the foundation of psychology and explain their meaning.

c1 Key

1. Define psychology and indicate what kinds of behaviours it studies.

Answers will vary

Passer - Chapter 001 #1

2. How do the goals of basic research and applied research differ?

Answers will vary

Passer - Chapter 001 #2

3. How do the Robbers Cave experiment and the jigsaw classroom program illustrate the relation between basic and applied science?

Answers will vary

Passer - Chapter 001 #3

4. What are the four goals of psychology? How are these goals related to one another?

Answers will vary

Passer - Chapter 001 #4

5. How were the four goals of scientific psychology illustrated in the Robbers Cave study?

Answers will vary

Passer - Chapter 001 #5

6. At what three levels of analysis were possible causes for Charles Whitman's violent outburst explored?

Answers will vary

Passer - Chapter 001 #6

7. What are perspectives on behaviour? Cite four ways in which they can influence psychological science.

Answers will vary

Passer - Chapter 001 #7

8. Contrast the positions of dualism and monism as they apply to the "mind-body" problem.

Answers will vary

Passer - Chapter 001 #8

9. What three classes of causal factors does the biological perspective focus on?

Answers will vary

Passer - Chapter 001 #9

10. What was the importance of Galvani's discovery for (a) the mind-body puzzle, and (b) the development of psychology as a science?

Answers will vary

Passer - Chapter 001 #10

11. What subsequent technical developments were important in the study of brain-behaviour relations?

Answers will vary

Passer - Chapter 001 #11

12. What is meant by natural selection? What is its role in physical and behavioural evolution?

Answers will vary

Passer - Chapter 001 #12

13. According to evolutionary psychology, how do biological and behavioural evolution influence one another?

Answers will vary

Passer - Chapter 001 #13

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

Answers will vary

Passer - Chapter 001 #14

15. What methods do behaviour geneticists use to investigate the role of genetic factors in animal and human behaviour?

Answers will vary

Passer - Chapter 001 #15

16. What is the conception of human nature advanced by the cognitive perspective?

Answers will vary

Passer - Chapter 001 #16

17. Compare the goals and methods of structuralism and functionalism.

Answers will vary

Passer - Chapter 001 #17

18. What does *gestalt* mean? How does this meaning relate to the goals and findings of Gestalt psychology?

Answers will vary

Passer - Chapter 001 #18

19. What were the methods used and the conclusions reached by Piaget in his studies of cognitive development?

Answers will vary

Passer - Chapter 001 #19

20. How have Beck and Ellis advanced our understanding of emotional problems?

Answers will vary

Passer - Chapter 001 #20

21. What is studied in the cognitive science areas of artificial intelligence and cognitive neuroscience?

Answers will vary

Passer - Chapter 001 #21

22. What do social constructivists say about the nature of "reality"?

Answers will vary

Passer - Chapter 001 #22

23. Summarize the "They Saw a Game" study by Hastorf and Cantril (1954).

Answers will vary

Passer - Chapter 001 #23

24. What causal factors are the focus of the psychodynamic perspective?

Answers will vary

Passer - Chapter 001 #24

25. What observations convinced Freud of the importance of unconscious and childhood determinants of adult behaviour?

Answers will vary

Passer - Chapter 001 #25

26. According to Freud, why are people afraid of and anxious about their sexual desires? What are defence mechanisms and what is repression?

Answers will vary

Passer - Chapter 001 #26

27. In what sense is the human in continuous internal conflict, according to Freud?

Answers will vary

Passer - Chapter 001 #27

28. What influences does Freud's theory have on contemporary psychology?

Answers will vary

Passer - Chapter 001 #28

29. What are the important causal factors in behaviour within the behavioural perspective? How was this school of thought influenced by British empiricism?

Answers will vary

Passer - Chapter 001 #29

30. What is behaviourism? What important people are associated with this movement?

Answers will vary

Passer - Chapter 001 #30

31. What is cognitive behaviourism? How does it differ from radical behaviourism?

Answers will vary

Passer - Chapter 001 #31

32. How does the humanistic conception of human nature and motivation differ from that advanced by psychoanalysis and behaviourism?

Answers will vary

Passer - Chapter 001 #32

33. How does terror management theory draw on humanistic concepts? What are some of its major findings?

Answers will vary

Passer - Chapter 001 #33

34. Define culture and norms. What functions does a culture serve?

Answers will vary

Passer - Chapter 001 #34

35. Summarize the research of Margaret Mead.

Answers will vary

Passer - Chapter 001 #35

36. Contrast individualistic and collectivistic societies.

Answers will vary

Passer - Chapter 001 #36

37. Why is the distinction between originating and present causes important in the nature-nurture focus on evolutionary and cultural factors in behaviour?

Answers will vary

Passer - Chapter 001 #37

38. In what sense has psychology come "full circle" from its early focus on mental events?

Answers will vary

Passer - Chapter 001 #38

39. For each of the psychological perspectives, differentiate between their conceptions of human nature, major causal factors of behaviour, and predominant focus and methods of behaviour.

Answers will vary

Passer - Chapter 001 #39

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

Answers will vary

Passer - Chapter 001 #40

41. What does the biological level of analysis tell us about the causes of depression?

Answers will vary

Passer - Chapter 001 #41

42. What kinds of psychological causal factors have been identified in depression?

Answers will vary

Passer - Chapter 001 #42

43. Which causal factors in depression are seen at the environmental level of analysis?

Answers will vary

Passer - Chapter 001 #43

44. What is meant by the interaction of causal factors?

Answers will vary

Passer - Chapter 001 #44

45. In what sense do depressive behaviours have biological, psychological, and environmental consequences?

Answers will vary

Passer - Chapter 001 #45

46. Summarize six important themes in contemporary psychology.

Answers will vary

Passer - Chapter 001 #46

47. What are the four general classes of academic performance enhancement skills?

Answers will vary

Passer - Chapter 001 #47

48. Summarize the history of Canadian university psychology departments.

Answers will vary

Passer - Chapter 001 #48

49. What is the distinction between clinical psychologists and psychiatrists?

Answers will vary

Passer - Chapter 001 #49

50. What are the major specialty areas in psychology? What is the major focus of each?

Answers will vary

Passer - Chapter 001 #50

51. Describe three important principles of time management.

Answers will vary

Passer - Chapter 001 #51

52. What does educational psychology research tell us about the effects of directions questions on retention of information? Why do they have these effects?

Answers will vary

Passer - Chapter 001 #52

53. What kinds of strategies are used by testwise students when they take tests?

Answers will vary

Passer - Chapter 001 #53

54. (p. 4) According to the text, psychology is defined as the:

- A. study of people's subjective mental lives.
- B.** study of behaviour and its causes.
- C. examination of unconscious factors.
- D. study of personality.

CL: K

Learning Objective: 1.1

Passer - Chapter 001 #54

55. (p. 4) When using the term "behaviour," psychologists mean:

- A. overt actions that can be directly observed.
- B. overt actions and inner mental processes such as thoughts and feelings.
- C. overt actions and physiological reactions.
- D.** overt actions, inner mental processes, or physiological reactions.

CL: K

Learning Objective: 1.1

Passer - Chapter 001 #55

56. (p. 4) Alex is friendly and outgoing, always having a kind word for everyone. Through observing his behaviour, we can make inferences about his _____ .

- A. mental processes
- B.** internal state
- C. future thoughts
- D. external responses

CL: C

Learning Objective: 1.1

Passer - Chapter 001 #56

57. (p. 5) Which of the following statements about basic and applied research is true?

- A. Basic research is less complex and less sophisticated than applied research.
- B. Basic research is done to solve practical problems while applied research is done simply to increase knowledge.
- C.** Basic research is done simply to increase knowledge while applied research is done to solve practical problems.
- D. Basic research and applied research have the same goals but are completed by different researchers.

CL: K

Learning Objective: 1.3

Passer - Chapter 001 #57

58. (p. 5) Dr. Adams is a psychologist who works in the area of animal behaviour. She has a particular interest in crows, and her research is mostly aimed at gaining more information about the behaviours of these birds, such as their mating habits, eating rituals, and so on. Dr. Adams's research is best described as:

- A. applied research.
- B. basic research.**
- C. insight research.
- D. interaction research.

CL: AP

Learning Objective: 1.3

Passer - Chapter 001 #58

59. (p. 5) Dr. Kohler is a developmental psychologist who studies children involved in sports. He looks at problems like overly critical coaches and children with low self-esteem. He conducts research where coaches are observed during games and children are interviewed about their attitudes towards their sport and their coaches. The results from these observations are then used to create an education program for the coaches. The programs are designed to change coaching behaviour and to help increase the self-esteem of the children they coach. Dr. Kohler's research is best described as:

- A. basic research.
- B. applied research.**
- C. insight research.
- D. interaction research.

CL: AP

Learning Objective: 1.3

Passer - Chapter 001 #59

60. (p. 5) Researchers studying human memory have participants memorize lists of words. These researchers then record how many of the words the participants accurately remember after the passage of time and exposure to new information. When an eyewitness to a crime identifies an attacker in court, lawyers might illustrate the limits of memory by using this type of research:

- A. applied
- B. basic**
- C. elementary
- D. practical

CL: AP

Learning Objective: 1.3

Passer - Chapter 001 #60

61. (p. 5) Mary was driving on a dark and stormy night. She was unable to read a hidden traffic sign and she ran off the road and crashed into a street light. Two scientists are called as experts to testify in her defence. Scientist 1, who does research on how vision works, explained the limits of a person's ability to process visual information.. Scientist 2, who does research on factors that contribute to car accidents, focused on the circumstances surrounding the accident, like the driver's state of mind and the limited visibility of the sign. Both scientists are using research in defence of the driver. Scientist 1 uses _____ research and Scientist 2 uses _____ research.

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

CL: AP
Learning Objective: 1.3
Passer - Chapter 001 #61

62. (p. 5) Research on memory processes shows us that when tested on a recently learned word list, the majority of people will recall the words at the end of the list at a higher rate than the words in the middle of the list. This "recency effect" can be eliminated by involving the participants in a task that stops them from rehearsing the words. Using this principle, before Dr. Brown gives an exam, she asks that all books and notes be put away and then takes time to prevent the "recency effect" by giving the instructions for the exam, the grading procedures, and next week's lesson topic before allowing students to begin the exam. In this case, Dr. Brown is:

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

CL: AN
Learning Objective: 1.3
Passer - Chapter 001 #62

63. (p. 5) In the 1960s, psychologists conducted a study at a summer camp for 11-year old boys. The "Robbers Cave" study showed that conflict between groups could be decreased by making the groups dependent upon one another to cooperate. This experiment was considered to be an example of which type of research?

- A. basic research**
- B. applied research
- C. insight research
- D. interaction research

CL: K
Learning Objective: 1.3
Passer - Chapter 001 #63

64. (p. 7) The information gained from the Robbers Cave experiment was later used by Elliot Aronson to collect data on his jigsaw program, which was designed to increase harmony and academic achievement in multiracial schools. These two separate areas of research demonstrate how information initially gained from basic research can be used in _____ research.

- A. correlational
- B. insight
- C. laboratory
- D. applied**

CL: C

Learning Objective: 1.3

Passer - Chapter 001 #64

65. (p. 7) The procedure in which school children of different ethnicities or abilities are placed in small groups and each member of the group is given an essential piece of the information that the entire group needs to learn is called the:

- A. collaboration program.
- B. cooperation program.
- C. interaction program.
- D. jigsaw program.**

CL: K

Learning Objective: 1.3

Passer - Chapter 001 #65

66. (p. 7) Dr. Smith is a psychologist who is interested in studying aggression in sports. For her research, she attends high school basketball games and records the number of aggressive acts she observes. Dr. Smith's research is best viewed as meeting psychology's basic the goal of _____.

- A. description**
- B. understanding
- C. prediction
- D. control

CL: AP

Learning Objective: 1.4

Passer - Chapter 001 #66

67. (p. 7) Dr. Forman is a school psychologist who has been asked to observe a disruptive student. After her observation, she writes, "Bobby appeared to have a great deal of difficulty listening to the lessons being taught. He had particular difficulty with the math lesson, and began distracting the students who were sitting next to him by pinching and hitting them." Dr. Forman's observations are most consistent with which goal of psychology?

- A.** description
- B. understanding
- C. prediction
- D. control

CL: AP
Learning Objective: 1.4
Passer - Chapter 001 #67

68. (p. 7) Steve has been feeling depressed lately and decides to visit a psychologist, Dr. Katz, for some assistance. After learning that Steve's relationship with his girlfriend recently ended, Dr. Katz begins to think that perhaps Steve's depression has been caused by this recently ended relationship. Dr. Katz's speculations are most similar to which goal of psychology?

- A. description
- B.** understanding
- C. prediction
- D. control

CL: AP
Learning Objective: 1.4
Passer - Chapter 001 #68

69. (p. 7) Susan is attending a seminar on stress management. The psychologist leading the seminar states that, "most stress is caused by irrational thinking and the negative ways that we judge various situations." The psychologist's comments most closely resemble which goal of psychology?

- A. description
- B.** understanding
- C. prediction
- D. Control

CL: AP
Learning Objective: 1.4
Passer - Chapter 001 #69

70. (p. 7) While driving home one day, Abdul is in a serious car accident. Several weeks later, he notices that he is still feeling very tense and anxious. He consults with a psychologist, who informs him that it is common for people who have been in a serious accident to have these kinds of feelings. The psychologist goes on to say that often people also have bad dreams and re-experience the trauma, and that Abdul shouldn't be surprised if this happens. The psychologist's comments are most similar to which goal of psychology?

- A. description
- B. understanding
- C. prediction**
- D. control

CL: AP
Learning Objective: 1.4
Passer - Chapter 001 #70

71. (p. 7) Dr. Harris has created an academic performance enhancement program designed to help children who are struggling in school. Results from his research reveal that the program is effective at improving children's grades. Dr. Harris's work is most consistent with which goal of psychology?

- A. description
- B. understanding
- C. prediction
- D. control**

CL: AP
Learning Objective: 1.4
Passer - Chapter 001 #71

72. (p. 7) In many eyewitness studies, researchers carefully observe the "victim's" behaviour under various conditions. The presence of a weapon appears to decrease eyewitness accuracy in identifying the perpetrator. To test whether or not this is true, researchers reenact a robbery both with and without a gun. People viewing the robbery where a gun was used were far less accurate in their description of the robber. This knowledge has been used in courtroom cases, often discrediting eyewitness testimony. In this case, the idea that the presence of a weapon decreases eyewitness accuracy, corresponds to which of the basic goals of psychology?

- A. description
- B. understanding
- C. prediction**
- D. application

CL: C
Learning Objective: 1.4
Passer - Chapter 001 #72

73. (p. 7) In the 1960s, psychologists conducted a study at a summer camp for 11-year old boys. The researchers in this "Robbers Cave" experiment observed the behaviours of the boys in various competitive and cooperative conditions. This is an illustration of which goal of psychology?

- A.** description
- B. understanding
- C. prediction
- D. control

CL: C

Learning Objective: 1.4

Passer - Chapter 001 #73

74. (p. 7) In the 1960s, psychologists conducted a study at a summer camp for 11-year old boys. The researchers in the "Robbers Cave" experiment speculated that competition between two groups of boys was one of the primary factors responsible for the hostility between the groups. These speculations are most consistent with which goal of psychology?

- A. description
- B.** understanding
- C. prediction
- D. control

CL: C

Learning Objective: 1.4

Passer - Chapter 001 #74

75. (p. 7) In the 1960s, psychologists conducted a study at a summer camp for 11-year old boys. These researchers in the "Robbers Cave" experiment thought that if they created conditions in which the two groups of boys had to cooperate, then there would be less hostility between the groups. The "Robbers Cave" study showed that conflict between groups could be decreased by making the groups dependent upon one another to cooperate. This finding is an illustration of which goal of psychology?

- A. description
- B. understanding
- C.** prediction
- D. control

CL: C

Learning Objective: 1.4

Passer - Chapter 001 #75

76. (p. 7) In the 1960s, psychologists conducted a study at a summer camp for 11-year old boys. Researchers in the Robbers Cave experiment altered the conditions so that they were able to both increase group hostility (with competition) and decrease group hostility (with cooperation). Through altering these conditions, the psychologists were demonstrating this goal of psychology:

- A. description
- B. understanding
- C. prediction
- D. control**

CL: C

Learning Objective: 1.4

Passer - Chapter 001 #76

77. (p. 8) Charles Whitman was a mass murderer with no previous history of violence. In an attempt to understand Whitman's actions, psychologists used the following three levels of analysis were used:

- A. description, understanding, control
- B. biological, psychological, environmental**
- C. behavioural, cognitive, humanistic
- D. behavioural, psychological, environmental

CL: K

Learning Objective: 1.21

Passer - Chapter 001 #77

78. (p. 15) Charles Whitman was a mass murderer with no previous history of violence. In an attempt to explain the violent behaviour of Charles Whitman, some psychologists focused on the potentially important role of Whitman's unusual and irrational thoughts. These psychologists were attempting to explain Whitman's behaviour in terms of which level of analysis?

- A. structural
- B. psychological**
- C. environmental
- D. biological

CL: C

Learning Objective: 1.21

Passer - Chapter 001 #78

79. (p. 10) Charles Whitman was a mass murderer with no previous history of violence. After Charles Whitman committed several murders and suicide, an autopsy revealed that he had a malignant tumour in an area of the brain associated with aggression. Psychologists who cite this fact in an attempt to explain what happened are focused on which level of analysis?

- A. psychological
- B. environmental
- C. biological**
- D. structural

CL: C

Learning Objective: 1.21

Passer - Chapter 001 #79

80. (p. 22) Charles Whitman was a mass murderer with no previous history of violence. In an attempt to explain his violent behaviour, a psychologist points to Whitman's recent stressful life events and to the way that violence is often reinforced and glorified in today's society. This psychologist's explanation is most compatible with which level of analysis?

- A. psychological
- B. environmental**
- C. biological
- D. structural

CL: C

Learning Objective: 1.21

Passer - Chapter 001 #80

81. (p. 10) When considering the mind–body puzzle, some philosophers argue that the mind is a separate entity from the body and is not subject to the same physical laws as the body. These individuals would belong to which philosophical position?

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

CL: K

Learning Objective: 1.6

Passer - Chapter 001 #81

82. (p. 10) A central belief of the dualism position is that it suggests that:
- A.** studying the body won't tell us anything about the mind.
 - B. studying the body will enable us to learn more about the mind.
 - C. the mind and body are essentially one.
 - D. the mind should be studied by examining its individual components.

CL: K
Learning Objective: 1.6
Passer - Chapter 001 #82

83. (p. 10) Monism is a belief that:
- A.** mental events are a product of physical events.
 - B. the mind is separate from the body.
 - C. the mind is not subject to the physical laws of the body.
 - D. research on the body cannot solve the mysteries of the mind.

CL: K
Learning Objective: 1.6
Passer - Chapter 001 #83

84. (p. 10) When considering the mind-body puzzle, ancient philosophers who argued that the mind is not separate from the body belonged to which philosophical position?
- A.** monism
 - B. dualism
 - C. structuralism
 - D. functionalism

CL: K
Learning Objective: 1.6
Passer - Chapter 001 #84

85. (p. 10-11) The statement, "...answers to the great questions of psychology will ultimately be found in 'physiology'... All behaviour, all experience, all feeling, indeed all the subject matter of psychology, are nothing more than the outcomes of the activity of the nervous system" is most consistent with the following view:
- A. dualism.
 - B.** monism.
 - C. functionalism.
 - D. structuralism.

CL: K
Learning Objective: 1.6
Passer - Chapter 001 #85

86. (p. 11) The biological perspective emphasizes the role of three causal factors: the role of the brain, the manner in which genetic factors influence behaviour, and the role of:

- A. personality and temperament.
- B.** biochemical processes.
- C. early childhood experiences.
- D. the environment.

CL: K
Learning Objective: 1.17
Passer - Chapter 001 #86

87. (p. 12) The research of Luigi Galvani demonstrating that a severed frog's leg would move if electrical current was applied to it was important because it:

- A. inspired many additional experiments on biochemical processes.
- B. provided evidence supporting the sociobiological perspective.
- C.** inspired many additional experiments on electrical nerve conduction.
- D. represented the creation of the first American experimental psychology laboratory.

CL: K
Learning Objective: 1.17
Passer - Chapter 001 #87

88. (p. 11) In the early 19th century, Gall proposed that there was a relationship between eye prominence and mental processing power. Gall compared individuals with eyes that seemed to pop right out of their heads to individuals with eyes that sank right into their noses. Gall believed that the individual with prominent eyes was _____ than the individual with sunken eyes.

- A.** more intelligent
- B. less intelligent
- C. more anxious.
- D. less anxious

CL: K
Learning Objective: 1.17
Passer - Chapter 001 #88

89. (p. 11) Early studies brain mechanisms in learning in biological psychology were conducted by Franz and Lashley. When studying animals, Franz and Lashley detected a _____ correlation between loss of cortex and loss of function.

- A. positive
- B. negative
- C.** no
- D. normal

CL: C
Learning Objective: 1.17
Passer - Chapter 001 #89

90. (p. 11) When Franz and Lashley removed most of a rat's cortex they found that

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

CL: K

Learning Objective: 1.17

Passer - Chapter 001 #90

91. (p. 12) The following is an important technical advancement in the study of the relation between the brain and behaviour?

- A.** the electroencephalogram (EEG).
- B. cellular recording device.
- C. computerized dynamic posturography.
- D. the x-ray.

CL: K

Learning Objective: 1.17

Passer - Chapter 001 #91

92. (p. 13) Charles Darwin's theory of evolution was criticized because:

- A. many people thought that Darwin's research was not well documented.
- B.** his theory contradicted religious and philosophical beliefs about the nature of man.
- C. he placed too much emphasis on unconscious motivational factors.
- D. it was too closely associated with structuralism.

CL: K

Learning Objective: 1.17

Passer - Chapter 001 #92

93. (p. 13) Evolutionary theory assumes that individuals who receive a competitive advantage from inherited traits will be more likely to survive, reproduce, and thus pass on these adaptive traits to future generations. This process is known as:

- A. natural endurance.
- B.** natural selection.
- C. natural extinction.
- D. natural survival.

CL: K

Learning Objective: 1.17

Passer - Chapter 001 #93

94. (p. 14) Which of the following is most consistent with evolutionary psychology?

- A. An organism's biology determines whether it will survive or not; behaviour does not determine survival.
- B.** An organism's biology determines its behavioural capabilities, and its behaviour then determines whether it will survive or not.
- C. An organism's biology and behaviour are determined by the environment.
- D. An organism's behaviour determines its biological capabilities.

CL: K

Learning Objective: 1.17

Passer - Chapter 001 #94

95. (p. 14) Some individuals believe that complex social behaviours can be influenced by evolution. They also believe that natural selection favours behaviours that increase the chances that certain genes will be passed on to the next generation. These individuals are associated with:

- A. psychoanalysis.
- B.** sociobiology.
- C. cognitive-behaviourism.
- D. behaviourism.

CL: K

Learning Objective: 1.17

Passer - Chapter 001 #95

96. (p. 14) The Canadian sociobiologists Daly and Wilson noted that females make a greater investment in the reproductive process. Which of the following statements does **NOT** support their statement?

- A. Women have less opportunity to reproduce than males have.
- B. Women have a greater health risk during pregnancy and delivery than males have.
- C.** In Canada, women contribute a greater proportion of the financial earning to meeting family expenses than men do.
- D. In Canada, women tend to be the primary caregiver after divorce.

CL: K

Learning Objective: 1.17

Passer - Chapter 001 #96

97. (p. 14) What criticism has been made **AGAINST** the sociobiological theory of evolution?

- A.** It overemphasizes innate biological factors at the expense of cultural and social learning factors.
- B. It overemphasizes cultural and social learning factors at the expense of innate biological factors.
- C. It places too much emphasis on early childhood and unconscious factors.
- D. It places too much emphasis on the role of thinking, planning, and reasoning.

CL: K

Learning Objective: 1.17

Passer - Chapter 001 #97

98. (p. 14) Sometimes parents will sacrifice their own lives in order to ensure the survival of their children. An individual who associates with the sociobiological view would argue that these instances:

- A. are due to innate altruistic drives within every human being.
- B.** occur because genetic survival is more important than individual survival.
- C. are due to the conflict between unconscious psychological forces and psychological defences.
- D. occur because of the reinforcement of altruistic behaviour by culture and society.

CL: C

Learning Objective: 1.17

Passer - Chapter 001 #98

99. (p. 14) The fields of sociobiology and evolutionary psychology are example of which psychological perspective?

- A. cognitive
- B. sociocultural
- C.** biological
- D. behavioural

CL: K

Learning Objective: 1.17

Passer - Chapter 001 #99

100. (p. 14) The scientific study of the influence of genetic factors on behavioural tendencies is called:

- A. genetic behaviourism.
- B.** behaviour genetics.
- C. sociogenetics.
- D. sociobiology.

CL: K

Learning Objective: 1.17

Passer - Chapter 001 #100

101. (p. 14) Behaviour geneticists use which of the following methods to address the role of genetic factors in behaviour?

- A. autobiographical journalling
- B. brain imaging techniques.
- C.** selective animal breeding.
- D. psychological interviews.

CL: C

Learning Objective: 1.17

Passer - Chapter 001 #101

102. (p. 15) Behaviour geneticists use which of the following research methods to investigate the role of genetic factors in behaviour?

- A.** twin studies
- B. narrative inquiry
- C. ethnography
- D. simulation methods

CL: C
Learning Objective: 1.17
Passer - Chapter 001 #102

103. (p. 15) A psychologist who assumes that humans process information, plan and solve problems in a way that is similar to computers would most likely associate with which psychological perspective?

- A. psychodynamic
- B. biological
- C. behavioural
- D.** cognitive

CL: C
Learning Objective: 1.14
Passer - Chapter 001 #103

104. (p. 15) Structuralism, functionalism, and Gestalt psychology were all schools of thought that played important roles in the origin of which psychological perspective?

- A. sociocultural
- B.** cognitive
- C. humanistic
- D. behavioural

CL: K
Learning Objective: 1.14
Passer - Chapter 001 #104

105. (p. 15) When Gary lost his job, he became depressed and started binge-eating. Gary started to seek help from a therapist. To his surprise, the therapist was not at all interested in Gary's relationship with his mother, his family history, or anything about Gary's past. Instead, Dr. Lee focuses on what Gary is currently thinking and how he interprets those thoughts. Dr. Lee conducts therapy from what type of perspective?.

- A. psychoanalytic
- B. behaviourist
- C. humanistic
- D.** cognitive

CL: C
Learning Objective: 1.14
Passer - Chapter 001 #105

106. (p. 15) Who founded the first laboratory of experimental psychology in 1879?

- A. William James
- B. Edward Tichner
- C. Wilhelm Wundt**
- D. Wolfgang Kohler

CL: K

Learning Objective: 1.14

Passer - Chapter 001 #106

107. (p. 16) A method of analyzing and studying the mind in terms of its basic elements is known as:

- A. functionalism.
- B. structuralism.**
- C. Gestalt psychology.
- D. Insight psychology.

CL: K

Learning Objective: 1.14

Passer - Chapter 001 #107

108. (p. 15) Wilhelm Wundt and Edward Titchner both believed that the mind could be studied by breaking it down into its essential components. The approach that Wundt and Titchner espoused was known as:

- A. Structuralism.**
- B. Insight psychology.
- C. Functionalism.
- D. Gestalt psychology.

CL: K

Learning Objective: 1.14

Passer - Chapter 001 #108

109. (p. 16) Researchers who believed in the structuralism school of psychological thought studied sensations through which method?

- A. insight
- B. repression analysis
- C. introspection**
- D. monitoring brain activity

CL: K

Learning Objective: 1.14

Passer - Chapter 001 #109

110. (p. 16) While structuralists held that psychology should study the basic elements of consciousness, functionalists argued that psychology should concentrate on:

- A.** the reasons behind consciousness.
- B. how the elements of consciousness are organized into holistic thinking.
- C. unconscious motivating factors.
- D. the innate human drive to grow and actualize.

CL: K
Learning Objective: 1.14
Passer - Chapter 001 #110

111. (p. 16) Which approach to psychology is concerned with how elements of experience are organized into wholes?

- A. Structuralism
- B. Sociobiology
- C. Functionalism
- D.** Gestalt psychology

CL: K
Learning Objective: 1.14
Passer - Chapter 001 #111

112. (p. 16) The statement, "the whole is greater than, and often very different from, the sum of its parts," is most likely from which school of psychology?

- A.** Gestalt psychology
- B. Functionalism
- C. Structuralism
- D. Evolutionary Psychology

CL: C
Learning Objective: 1.14
Passer - Chapter 001 #112

113. (p. 16) Gestalt psychologists would argue that Lee and Freire's illusion in which an oval window surrounding a stretched face appears longer and an oval window surrounding a compressed face appears shorter than they really are demonstrates that:

- A. the most useful way to study perceptions and other mental processes is to break consciousness down into its basic elements.
- B.** our perceptions and other mental processes are organized so that the whole is not only greater than, but also different from the sum of its parts.
- C. our tendency to perceive the whole is, like other forms of perceptual organization, not a built-in aspect of our nervous system.
- D. the most useful way to study perceptions and other mental processes is to focus on adaptive behaviours that help organisms to respond successfully to their environment and survive.

CL: C

Learning Objective: 1.14

Passer - Chapter 001 #113

114. (p. 16) What did Wolfgang Kohler call the sudden perception of an important relationship or solution to a problem?

- A. introspection
- B. interaction
- C.** insight
- D. self-actualization

CL: K

Learning Objective: 1.14

Passer - Chapter 001 #114

115. (p. 16-17) Sultan the chimpanzee once creatively joined two short sticks together in order to reach a banana that had been placed outside of his cage. According to Wolfgang Kohler, this was an example of:

- A.** insight.
- B. introspection.
- C. natural selection.
- D. perception.

CL: K

Learning Objective: 1.14

Passer - Chapter 001 #115

116. (p. 17) Jean Piaget, Albert Ellis, and Aaron Beck were all mentioned as theorists who have had a strong impact on which psychological perspective?

- A. psychodynamic
- B. sociocultural
- C. behavioural
- D. cognitive**

CL: K
Learning Objective: 1.14
Passer - Chapter 001 #116

117. (p. 17) Professor Jean Piaget is best known for his research in which area?

- A. his work on artificial intelligence
- B. how irrational thought patterns contribute to emotional problems
- C. the cognitive development of children**
- D. evolutionary psychology

CL: K
Learning Objective: 1.14
Passer - Chapter 001 #117

118. (p. 17) Which of the following was a main research technique used by developmental psychologist Jean Piaget?

- A. carefully observing children while they solved problems**
- B. interviewing parents about their children's reasoning strategies
- C. administering standardized child intelligence tests
- D. monitoring the brain activity of children while they recalled memories

CL: K
Learning Objective: 1.14
Passer - Chapter 001 #118

119. (p. 17) Based on his research on the cognitive development of children, Jean Piaget concluded that children:

- A. are essentially "blank slates" who are shaped by their environments.
- B. naturally pass through specific stages of cognitive development as they age.**
- C. mimic the behaviours of their parents.
- D. have innate desires to actualize their potentials.

CL: K
Learning Objective: 1.14
Passer - Chapter 001 #119

120. (p. 17) Piaget's thinking on cognitive development may have been influenced by:

- A. Beck's attempts to understand the role of cognitive distortions in the development of emotional problems.
- B. Ellis' claim that cognitive abilities can be explained by the accumulation of past experiences.
- C. Broughton's experiments on how children thought about and solved problems.
- D.** Baldwin's identification of stages in early development.

CL: K

Learning Objective: 1.14

Passer - Chapter 001 #120

121. (p. 17) Aaron Beck and Albert Ellis both have made significant contributions to which area?

- A. developmental psychology
- B. behaviour modification
- C.** psychological disorders
- D. sociobiology

CL: K

Learning Objective: 1.14

Passer - Chapter 001 #121

122. (p. 17) Researchers who are interested in developing complex computer models of human thought, reasoning, and problem solving would most likely be in which area of modern cognitive science?

- A. social constructivism
- B. cognitive neuroscience
- C.** artificial intelligence
- D. behaviourism

CL: K

Learning Objective: 1.14

Passer - Chapter 001 #122

123. (p. 17) A psychological researcher states that we will greatly enhance our understanding of how humans think if we are able to simulate or duplicate human cognitive processes using computers. This researcher is most likely working in which of the following areas?

- A. behaviour genetics
- B.** artificial intelligence
- C. sociobiology
- D. psychoanalysis

CL: C

Learning Objective: 1.14

Passer - Chapter 001 #123

124. (p. 18) Hebb hypothesized that there is a structure within the brain that explains how repetition increases the ability to complete a particular response. He named the structure:

- A. a neural network.
- B.** a cell assembly.
- C. an expert system.
- D. a synaptic complex.

CL: K
Learning Objective: 1.14
Passer - Chapter 001 #124

125. (p. 18) A cell assembly is:

- A.** a group of brain cells in which connections are assumed to be strengthened with repeated usage.
- B. a neural network responsible for movement.
- C. a neurological pathway for synaptic transmissions.
- D. a connective expert system that facilitates brain functioning

CL: K
Learning Objective: 1.14
Passer - Chapter 001 #125

126. (p. 18) A particular research lab uses advanced electrical recording and brain imaging tools to monitor brain functioning while people engage in various mental activities. Researchers in this lab are most likely doing investigations in which area of modern cognitive science?

- A. behaviour modification
- B.** cognitive neuroscience
- C. cognitive behavioural
- D. artificial intelligence

CL: K
Learning Objective: 1.14
Passer - Chapter 001 #126

127. (p. 18) The research area of cognitive neuroscience represents a combination of which two psychological perspectives?

- A. biological and behavioural
- B. behavioural and cognitive
- C. behavioural and cognitive behavioural
- D.** biological and cognitive

CL: K
Learning Objective: 1.14
Passer - Chapter 001 #127

128. (p. 18) The viewpoint within the cognitive perspective which argues that "reality" is a mental creation is called:

- A.** social constructivism.
- B. evolutionary psychology.
- C. sociobiology.
- D. cognitive neuroscience.

CL: K
Learning Objective: 1.14
Passer - Chapter 001 #128

129. (p. 18) A cognitive psychologist attempts to explain the long-term conflict between the Catholics and Protestants in Ireland in terms of the different "mental realities" that people in each group have created for themselves. This psychologist most likely follows which particular cognitive viewpoint?

- A. artificial intelligence
- B. cognitive neuroscience
- C. cognitive behaviourism
- D.** social constructivism

CL: AP
Learning Objective: 1.14
Passer - Chapter 001 #129

130. (p. 18) Albert Hastorf and Hadley Cantril's (1954) research on the different perspectives of fans watching a football game between Dartmouth and Princeton was considered to be one of several significant studies that contributed to the " _____ revolution".

- A. behavioural
- B.** cognitive
- C. psychodynamic
- D. sociocultural

CL: K
Learning Objective: 1.14
Passer - Chapter 001 #130

131. (p. 20) Sharon is constantly talking, whether it is face-to-face, on the phone, or even to herself. Sharon is unaware of her excessive talking, which according to Freud's psychodynamic perspective means:

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

CL: C
Learning Objective: 1.10
Passer - Chapter 001 #131

132. (p. 20) Which psychological perspective stresses the role of unconscious processes and unresolved conflicts from the past?

- A. behavioural
- B. cognitive
- C. psychodynamic**
- D. sociocultural

CL: K

Learning Objective: 1.10

Passer - Chapter 001 #132

133. (p. 20) The psychodynamic perspective emphasizes all of the following causal factors **EXCEPT**:

- A. unconscious processes.
- B. unresolved conflicts.
- C. early childhood experience.
- D. developmental stages.**

CL: K

Learning Objective: 1.10

Passer - Chapter 001 #133

134. (p. 20) Sigmund Freud based much of his psychoanalytic theory on his investigation of which psychological disorder?

- A. panic disorder
- B. hysteria**
- C. depression
- D. multiple personality disorder

CL: K

Learning Objective: 1.10

Passer - Chapter 001 #134

135. (p. 20) Which technique did Sigmund Freud use to treat his hysterical patients?

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

CL: K

Learning Objective: 1.10

Passer - Chapter 001 #135

136. (p. 20) What common childhood factor was consistently reported by Sigmund Freud's patients who had hysteria?

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

CL: K
Learning Objective: 1.10
Passer - Chapter 001 #136

137. (p. 20) Sigmund Freud believed in the importance of unconscious and childhood experience factors. He based his beliefs on all of the following observations **EXCEPT**:

- A. His patients consistently reported childhood memories of sexual abuse.
- B. His patients often improved after "reliving" previously forgotten memories of childhood sexual abuse.
- C. He noticed that there was a great deal of sexual content in dreams and "slips of the tongue."
- D.** He noticed how people often engaged in habitual activities with little conscious awareness.

CL: K
Learning Objective: 1.10
Passer - Chapter 001 #137

138. (p. 21) The psychological defence mechanism that protects people from anxiety by keeping anxiety-producing thoughts, feelings, memories, and impulses in the unconscious is called:

- A. insight.
- B. rehearsal.
- C. hysteria.
- D.** repression.

CL: K
Learning Objective: 1.10
Passer - Chapter 001 #138

139. (p. 21) Sigmund Freud speculated that people are afraid to acknowledge their sexual desires because these desires are:

- A.** punished during childhood.
- B. produced by innate aggressive impulses.
- C. uncontrollable and inherently frightening.
- D. unconsciously associated with instincts.

CL: K
Learning Objective: 1.10
Passer - Chapter 001 #139

140. (p. 21) Sigmund Freud assumed that humans are in a never-ending internal struggle because of the continuous conflict between:

- A. people and their environments.
- B.** impulses and defences.
- C. impulses and the environments.
- D. repression and defences.

CL: K
Learning Objective: 1.10
Passer - Chapter 001 #140

141. (p. 21) Sigmund Freud assumed that humans are in a never-ending internal struggle because of:

- A. the conflicting reinforcement and punishment we receive from our environment.
- B. neurological imbalances that are inherent in the human mind.
- C. conflicts between various irrational thoughts that people think.
- D.** the continuous conflict between internal impulses and defences.

CL: K
Learning Objective: 1.10
Passer - Chapter 001 #141

142. (p. 21) A major criticism of Sigmund Freud's theory of psychoanalysis is that:

- A.** it is difficult to validate because many of its concepts are difficult to measure.
- B. it did not distinguish between impulses and defences.
- C. it did little to stimulate the development of new psychological theories.
- D. it was not comprehensive enough to explain human behaviour.

CL: C
Learning Objective: 1.10
Passer - Chapter 001 #142

143. (p. 21) Steve is angry and frustrated at work. He consults with a therapist who asks Steve many detailed questions about his early childhood and interprets Steve's problems as being due to conflicts between his unconscious aggressive urges and his defence mechanisms. Steve's therapist would most likely identify with which psychological perspective?

- A. behavioural
- B. cognitive
- C.** psychodynamic
- D. sociocultural

CL: AP
Learning Objective: 1.10
Passer - Chapter 001 #143

144. (p. 21) When examining the many recent examples of violence in different cultures and around the world, a psychologist explains this is due to human beings' innate aggressive impulses. In order to reduce or eliminate this problem, this psychologist believes that we need to teach people techniques that will allow them to more effectively manage or redirect this aggressive energy. This psychologist most likely adheres to which psychological perspective?

- A. humanistic
- B. biological
- C. sociocultural
- D. psychodynamic**

CL: AP
Learning Objective: 1.10
Passer - Chapter 001 #144

145. (p. 22) The psychological perspective that focuses on the role of the external environment in influencing and affecting our actions is called the:

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

CL: K
Learning Objective: 1.12
Passer - Chapter 001 #145

146. (p. 22) In psychology, the behavioural perspective was influenced by which philosophical perspective?

- A. British empiricism**
- B. structuralism
- C. functionalism
- D. dualism

CL: K
Learning Objective: 1.12
Passer - Chapter 001 #146

147. (p. 22) The notion of "tabula rasa" is most consistent with which of the following statements?

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

CL: C
Learning Objective: 1.12
Passer - Chapter 001 #147

148. (p. 22) A psychologist is being interviewed on a local news program regarding the recent problems with school violence. The psychologist suggests that we need to change the environments in which our children are being raised by reinforcing the behaviours we would like to see our children demonstrate. This psychologist is most likely associated with which psychological perspective?

- A. humanistic
- B. psychodynamic
- C. cognitive
- D. behavioural**

CL: AP
Learning Objective: 1.12
Passer - Chapter 001 #148

149. (p. 22) Wesley Mills' pioneering studies of newborn puppies and kittens through observation suggest that Mills approached research as:

- A. an empiricist.**
- B. an introspectionist.
- C. a structuralist.
- D. a humanist.

CL: C
Learning Objective: 1.12
Passer - Chapter 001 #149

150. (p. 23) A psychologist who believes that the focus of psychology is not inner mental events but observable actions is most likely associated with which psychological perspective?

- A. cognitive
- B. biological
- C. behavioural**
- D. sociocultural

CL: C
Learning Objective: 1.12
Passer - Chapter 001 #150

151. (p. 23) A researcher who is interested in discovering the common principles that influence human and animal learning is most likely associated with which psychological perspective?

- A. humanistic
- B. cognitive
- C. psychodynamic
- D. behavioural**

CL: C
Learning Objective: 1.12
Passer - Chapter 001 #151

152. (p. 23) It has been said that no two children receive the same parenting as parents respond to and treat each child differently. Watson and Skinner would probably agree with this statement because _____

- A. siblings exhibit differences learned from their parents
- B. one's environment changes based on parents' responses
- C. one's environment changes based on one's responses to it**
- D. siblings exhibit similarities learned from their parents

CL: AN
Learning Objective: 1.12
Passer - Chapter 001 #152

153. (p. 23) The perspective that emphasizes the environmental control of actions through learning is known as:

- A. behaviourism.**
- B. constructivism.
- C. humanistic.
- D. psychoanalysis.

CL: K
Learning Objective: 1.12
Passer - Chapter 001 #153

154. (p. 23) The statement, "a person does not act upon the world, the world acts upon the person," would most likely have been said by:

- A. Sigmund Freud.
- B. Carl Rogers.
- C. B.F. Skinner.**
- D. Aaron Beck.

CL: K
Learning Objective: 1.12
Passer - Chapter 001 #154

155. (p. 24) Behaviourism gave rise to a set of behaviour change techniques that were known as:

- A. behaviour creation.
- B. behaviour design.
- C. behaviour enhancement.
- D. behaviour modification.**

CL: K
Learning Objective: 1.12
Passer - Chapter 001 #155

156. (p. 24) A psychologist who acknowledges the importance of both the environment and internal thoughts in determining human behaviour would likely be associated with the following perspective on psychology?

- A.** cognitive-behavioural
- B. behavioural
- C. sociocultural
- D. evolutionary biology

CL: C

Learning Objective: 1.12

Passer - Chapter 001 #156

157. (p. 24) Susan is having trouble with anxiety and is working with a therapist to address this problem. As part of her treatment, the therapist teaches Susan how to change her anxiety-provoking thoughts and how to change her environment so that it reinforces the positive behaviours she wants to practice. Susan's therapist is most likely associated with which area of psychology?

- A. humanistic
- B. psychodynamic
- C. sociocultural
- D.** cognitive-behavioural

CL: AP

Learning Objective: 1.12

Passer - Chapter 001 #157

158. (p. 24) The perspective that acknowledges the importance of the environment and internal mental processes in determining behaviour is called:

- A. sociocultural.
- B. psychodynamic.
- C. environmental
- D.** cognitive behavioural.

CL: C

Learning Objective: 1.12

Passer - Chapter 001 #158

159. (p. 24) The psychological perspective that arose from the philosophical roots that emphasized free-will, innate tendencies to work towards personal growth, and the attempt to find meaning in personal existence is called:

- A. sociocultural
- B. behavioural
- C.** humanistic
- D. cognitive

CL: K

Learning Objective: 1.13

Passer - Chapter 001 #159

160. (p. 25) Humanistic theorists assume that everyone has an innate tendency towards personal growth and achieving one's individual potential. This concept is called:

- A. self-realization.
- B. self-actualization.**
- C. self-esteem.
- D. self-confidence.

CL: K
Learning Objective: 1.13
Passer - Chapter 001 #160

161. (p. 22, 24) The humanistic and behavioural perspectives are similar in that:

- A. both acknowledge the importance of the environment.**
- B. both acknowledge the importance of aggressive impulses.
- C. both focus on unconscious factors.
- D. both assume that human nature is essentially good.

CL: C
Learning Objective: 1.12 and 1.13
Passer - Chapter 001 #161

162. (p. 24) Jerry and his psychologist often discuss how Jerry finds personal meaning in his life. The psychologist also focuses on the power of choice and free will. This psychologist most likely believes in which psychological perspective?

- A. behavioural
- B. psychodynamic
- C. humanistic**
- D. biological

CL: C
Learning Objective: 1.13
Passer - Chapter 001 #162

163. (p. 20, 24) The psychodynamic and humanistic perspectives are similar in that both acknowledge the importance of:

- A. biology in determining growth and development.
- B. internal personality processes.**
- C. culture shaping individual choices.
- D. the unconscious determinants of behaviour.

CL: C
Learning Objective: 1.10 and 1.13
Passer - Chapter 001 #163

164. (p. 25) In response to the psychodynamic and behaviourist perspectives, the humanistic movement believes that:

- A.** personality development is controlled by the individual.
- B. personality development is not controlled by the individual.
- C. personality development can not be influenced by the environment or early childhood experiences.
- D. personality development characteristics are predetermined.

CL: C
Learning Objective: 1.13
Passer - Chapter 001 #164

165. (p. 25) Keri has always had a strong desire to paint. Her parents insist she go to college rather than the art school she wishes to attend. Her therapist, who is aligned with the humanistic perspective believes:

- A. Keri will learn to appreciate another more lucrative career path in college.
- B.** Keri will become frustrated with college and not be able to fulfill herself.
- C. Keri will forget about painting and learn a new skill as she experiences new things.
- D. Keri will be successful in college and will appreciate her parents' advice.

CL: AN
Learning Objective: 1.13
Passer - Chapter 001 #165

166. (p. 25) Which theory states that an innate desire for life and the awareness of the inevitability of death combine to create extreme existential anxiety?

- A.** terror management theory
- B. insight theory
- C. introspection theory
- D. hysteria theory

CL: K
Learning Objective: 1.13
Passer - Chapter 001 #166

167. (p. 26) The psychological perspective that focuses on the diversity of societies and how customs are transmitted to its members is called:

- A.** sociocultural.
- B. biological.
- C. evolutionary psychology.
- D. humanistic.

CL: K
Learning Objective: 1.15
Passer - Chapter 001 #167

168. (p. 26) The term that refers to persisting values, beliefs, behaviours, and traditions that are shared by a large group of people and are passed from one generation to the next is:

- A.** culture.
- B. sociobiology.
- C. introspection.
- D. self-actualization.

CL: K
Learning Objective: 1.15
Passer - Chapter 001 #168

169. (p. 26) One of the founders of Cross Cultural Psychology, John Berry, noted that culture:

- A. refers to the rules that specify acceptable and expected behaviour for members of that group.
- B.** has a very complex definition.
- C. is an expression of the world view of that group.
- D. is a way of being that is passed on from one generation to the next.

CL: K
Learning Objective: 1.15
Passer - Chapter 001 #169

170. (p. 26) According to the sociocultural perspective, the rules that specify what is and is not acceptable behaviour for members of a group (such as what men and women should wear or how to act in different social situations) are called:

- A. cultural standards.
- B. ideals.
- C.** norms.
- D. principles.

CL: K
Learning Objective: 1.15
Passer - Chapter 001 #170

171. (p. 26) Sam and Ben are brothers. Sam attends the local neighborhood school, while his younger brother, Ben, attends an exclusive private school. Sam is very proud of his home and frequently invites friends over to his house to study or just relax. Ben, on the other hand, does not want his classmates to see how poor his family is and is embarrassed by the small house his family lives in. In this case, the opposing views of the same home can be explained from a sociocultural perspective in the following way:

- A. Ben's negative view of the world is a result of being the youngest child.
- B.** Each boy's reality is shaped by his different social settings at school.
- C. Sam has more friends than Ben and is therefore more comfortable with his home.
- D. Ben's friends value money; whereas Sam's do not.

CL: AP
Learning Objective: 1.15
Passer - Chapter 001 #171

172. (p. 26) Margaret Mead's observations of three different tribes from New Guinea most clearly demonstrated the influence of:

- A.** culture and cultural expectations on behaviour.
- B. thinking and reasoning on behaviour.
- C. biology and environment on behaviour.
- D. unconscious factors on behaviour.

CL: K
Learning Objective: 1.15
Passer - Chapter 001 #172

173. (p. 26) In the Tchambuli tribe from New Guinea, women are more assertive and are responsible for obtaining the tribe's food, while the men usually spend their days working on their art and talking about the women. According to Margaret Mead, this reversal of the typical western gender roles is:

- A. due to the unusual genetic makeup of the people in this tribe.
- B.** a product of their unique cultural expectations and learning experiences.
- C. due to the tribe's environment.
- D. a product of this tribe's lack of awareness of Western culture.

CL: K
Learning Objective: 1.15
Passer - Chapter 001 #173

174. (p. 26) According to the text, one of the most important differences between any two cultures from a psychological perspective is the extent to which they are:

- A. capitalistic or communistic.
- B. rural or industrialized.
- C.** individualistic or collectivistic.
- D. materially-oriented or achievement-oriented.

CL: K
Learning Objective: 1.16
Passer - Chapter 001 #174

175. (p. 26) Most industrialized cultures such as North America and Europe emphasize a different cultural orientation than cultures such as those in Asia, Africa, and South America. In Asia, Africa and South America, the cultural orientation emphasis is on

- A.** collectivism
- B. individualism
- C. functionalism
- D. materialism

CL: K
Learning Objective: 1.16
Passer - Chapter 001 #175

176. (p. 26) Gabriella was raised in a family where individual achievement and accomplishment were stressed by both of her parents. She was constantly encouraged to set personal goals for herself and to strive to achieve them. The values emphasized by Sara's family are most consistent with:

- A. collectivism.
- B. structuralism.
- C. individualism.**
- D. functionalism.

CL: AP
Learning Objective: 1.16
Passer - Chapter 001 #176

177. (p. 26) George was raised in a family where his sense of self was defined by the various groups of which he was a member, such as his community and his class at school. George understood that the goals of these groups were more important than any of the personal goals of people in these groups. The values emphasized by George's family are most consistent with:

- A. collectivism.**
- B. structuralism.
- C. individualism.
- D. functionalism.

CL: AP
Learning Objective: 1.16
Passer - Chapter 001 #177

178. (p. 27) Which of the following statements about American and Japanese schools is true?

- A. Japanese children tend to work alone on individual projects, while American children tend work in groups.
- B. Japanese children tend to work in groups, while American children tend to work alone on individual projects.**
- C. Even when students are working individually, American teachers are more likely to direct their comments to the group.
- D. Even when students are working in a group, Japanese teachers are more likely to direct their comments to individuals.

CL: K
Learning Objective: 1.16
Passer - Chapter 001 #178

179. (p. 26) It is possible that evolution was initially responsible for certain differences between men and women but, it may be that cultural practices currently influences and maintains these differences. This explanation makes an important distinction between:

- A. functional causes and structural causes.
- B. functional causes and originating causes.
- C. originating causes and structural causes.
- D. originating causes and present causes.**

CL: C

Learning Objective: 1.18

Passer - Chapter 001 #179

180. (p. 22, 26) The sociocultural and behavioural perspectives are similar in that both emphasize:

- A. the importance of internal mental factors.
- B. the role of the environment on the development of behaviour.**
- C. the effect of biological factors on behaviour.
- D. the importance of innate human drives to actualize potential.

CL: K

Learning Objective: 1.20

Passer - Chapter 001 #180

181. (p. 29) As an attempt to explain human nature, which psychological perspective views humans as reactors to their environment?

- A. behavioural**
- B. cognitive
- C. humanistic
- D. psychodynamic

CL: K

Learning Objective: 1.20

Passer - Chapter 001 #181

182. (p. 29) As an attempt to explain human nature, which psychological perspective views humans as free-thinking agents who seek personal meaning and self-actualization?

- A. biological
- B. behavioural
- C. humanistic**
- D. psychodynamic

CL: K

Learning Objective: 1.20

Passer - Chapter 001 #182

183. (p. 29) As an attempt to explain human nature, which psychological perspective views humans as interactive beings embedded in a group?

- A. humanistic
- B. psychodynamic
- C. cognitive
- D. sociocultural**

CL: K
Learning Objective: 1.20
Passer - Chapter 001 #183

184. (p. 29) Which psychological perspective views perception, memory processes, and thoughts as some of the major causes of behaviour?

- A. behavioural
- B. cognitive**
- C. psychodynamic
- D. humanistic

CL: K
Learning Objective: 1.20
Passer - Chapter 001 #184

185. (p. 29) Which psychological perspective views unconscious motives and early childhood experiences as among some of the major causes of behaviour?

- A. sociocultural
- B. biological
- C. cognitive
- D. psychodynamic**

CL: K
Learning Objective: 1.20
Passer - Chapter 001 #185

186. (p. 29) Which psychological perspective views societal norms and group interactions as among some of the major causes of behaviour?

- A. biological
- B. humanistic
- C. psychodynamic
- D. sociocultural**

CL: K
Learning Objective: 1.20
Passer - Chapter 001 #186

187. (p. 29) In western cultures, women are considered the primary caregivers of infants and children. It also seems that, as our population ages, women are the primary caregivers of the elderly. The evolutionary perspective may argue that this is so because:

- A.** women are biologically predetermined to be caregivers.
- B. women receive societal rewards for the ability to give care.
- C. women learn from an early age to care for others.
- D. women understand that survival depends on the weakest in the group.

CL: C

Learning Objective: 1.17

Passer - Chapter 001 #187

188. (p. 31) In psychology, both the psychodynamic and cognitive perspectives are considered to be operating at:

- A. the biological level of analysis.
- B.** the psychological level of analysis.
- C. the environmental level of analysis.
- D. the cognitive level of analysis.

CL: K

Learning Objective: 1.21

Passer - Chapter 001 #188

189. (p. 30) There are six psychological perspectives (sociocultural, humanistic, behavioural, psychodynamic, cognitive, biological) on behaviour. What three levels of analysis allow us to integrate causal factors suggested by each of the six psychological perspectives?

- A. biological, cognitive, sociocultural
- B.** biological, psychological, environmental
- C. biological, psychodynamic, environmental
- D. psychological, cognitive, behavioural

CL: K

Learning Objective: 1.21

Passer - Chapter 001 #189

190. (p. 31) According to the text, in order to obtain a complete understanding of behaviour we need to:

- A.** move back and forth between different levels of analysis.
- B. focus our attention on the environmental and biological levels of analysis.
- C. focus our attention on the psychological level of analysis.
- D. pick one of the three levels of analysis and apply it rigorously and thoroughly.

CL: K

Learning Objective: 1.21

Passer - Chapter 001 #190

191. (p. 31) Sandra has a promising career, dates interesting men, and she is quite content to remain single and child-free. Her family strongly supports her choices and celebrates her success as a professional. Her sister, who was married briefly and then experienced an unpleasant divorce, is open about her disdain for long-term commitment. We can make an effort to understand Sandra's behaviour using different levels of analysis. In this case, the influence of Sandra's family on her decision to stay single and child-free fits with the _____ level of analysis.

- A. biological
- B. psychological
- C. environmental**
- D. cognitive

CL: AN
Learning Objective: 1.21
Passer - Chapter 001 #191

192. (p. 31) Which psychological disorder is generally considered to be the "common cold" of emotional disturbances?

- A. schizophrenia
- B. anxiety
- C. depression**
- D. multiple personality

CL: K
Learning Objective: 1.22
Passer - Chapter 001 #192

193. (p. 32) All of the following are biological factors associated with depression **EXCEPT** which of the following?

- A. Depressed people are more likely than non-depressed people to have relatives who are also depressed.
- B. Drugs that effectively treat depression appear to operate by restoring the balance of neurotransmitters.
- C. The biological rhythms associated with sleep tend to be disrupted in depressed individuals.
- D. Depressed people are more likely to have negative views of themselves and the world.**

CL: K
Learning Objective: 1.22
Passer - Chapter 001 #193

194. (p. 32) If you wanted to understand some of the important causes of depression and you paid attention to the negative thinking that often accompanies depression, you would be interpreting depression from which level of analysis?

- A. biological
- B. psychological**
- C. environmental
- D. cognitive

CL: C

Learning Objective: 1.22

Passer - Chapter 001 #194

195. (p. 32) Research on the psychological causes of depression has found that clinically depressed people:

- A. tend to take personal responsibility for the good things that happen to them while they tend to dismiss bad things that happen.
- B. typically have a hopeless attitude towards the world, the future, and themselves.**
- C. can feel optimistic about managing themselves and their environments during stressful events.
- D. tend to suffer from specific brain abnormalities.

CL: K

Learning Objective: 1.22

Passer - Chapter 001 #195

196. (p. 32) According to the behavioural perspective, depression is the result of:

- A. negative or pessimistic patterns of thinking.
- B. a depressed personality.
- C. a non-rewarding environment.**
- D. imbalances in neurotransmitters.

CL: K

Learning Objective: 1.22

Passer - Chapter 001 #196

197. (p. 32-33) Research on depression in various cultures has found that the symptom patterns of depression are different in various cultures and that the relative occurrence of depression for men and women is _____ in various cultures.

- A. higher for men than women
- B. different for men and women**
- C. the same for men and women
- D. higher for women than men

CL: K

Learning Objective: 1.22

Passer - Chapter 001 #197

198. (p. 33) When deconstructing a disorder such as depression, the presence or strength of one factor influences the effects of other factors. This presence of one factor influencing the effect of another factor is called an:

- A. association.
- B. interassociation.
- C. interaction.**
- D. interrelation.

CL: K
Learning Objective: 1.22
Passer - Chapter 001 #198

199. (p. 33) Two people are both witnesses to a violent earthquake. One person is mildly upset by this event and copes well with it. The other person, who has a biological predisposition to anxiety, becomes very stressed after the event, has difficulty coping with it, and eventually gets ill. Because the effects of the earthquake differed, depending on whether the person had the predisposition of anxiety or not, this would be an example of an:

- A. interrelation.
- B. interaction.**
- C. insight.
- D. interassociation.

CL: AP
Learning Objective: 1.22
Passer - Chapter 001 #199

200. (p. 32) A person who is depressed begins eating poorly and quits exercising. These behaviours in turn result in a change in the person's physiology. This would be an example of:

- A. the person's biology affecting his/her behaviour.
- B. the person's behaviour affecting his/her biology.**
- C. the person's biology affecting the environment.
- D. the person's environment affecting his/her behaviour.

CL: AP
Learning Objective: 1.22
Passer - Chapter 001 #200

201. (p. 32) Bob is mildly depressed. Because of his generally negative attitude and hopelessness, Bob's friends, who typically enjoy his company, no longer want to spend time with him. The impact of Bob's depression on his friends is an example of:

- A. environmental factors affecting biological factors.
- B. biological factors affecting behavioural factors.
- C. behavioural factors affecting environmental factors .**
- D. behavioural factors affecting biological factors.

CL: AP
Learning Objective: 1.22
Passer - Chapter 001 #201

202. (p. 34) One major theme in psychology emphasizes that our biological endowment and our personal experiences interact to influence how we behave. This is an example of:

- A. nature and nurture associating.
- B. heredity and culture associating.
- C. culture and nature associating.
- D. heredity and nurture associating.

CL: K
Learning Objective: 1.23
Passer - Chapter 001 #202

203. (p. 36) Since he was a little boy, Niko has wanted to help people be healthy and he always thought he would be a doctor when he grew up. Now in university, Niko is reluctant to commit to pre-medical studies because he has seen the overuse of medication, and he believes he can help people without drugs. Which of the following career paths in psychology might Niko consider?

- A. clinical psychology
- B. educational psychology
- C. organizational psychology
- D. social psychology

CL: AP
Learning Objective: 1.24
Passer - Chapter 001 #203

204. (p. 37-38) What are the four general classes of academic performance enhancement strategies?

- A. time management, study skills, constant feedback, test-taking skills
- B. time management, prioritizing, test-preparation strategies, test-taking skills
- C. time management, study skills, test-preparation strategies, test-taking skills
- D. time management, study skills, test-preparation strategies, written schedules

CL: K
Learning Objective: 1.27
Passer - Chapter 001 #204

205. (p. 36) The specialty area in psychology that focuses on the study of nonhuman species in natural and laboratory environments is:

- A. comparative psychology.
- B. behavioural psychology.
- C. cross-cultural psychology.
- D. cognitive psychology.

CL: K
Learning Objective: 1.24
Passer - Chapter 001 #205

206. (p. 36) A specialty area that focuses on the study of basic processes such as learning, perception, and motivation is called:

- A. cognitive psychology.
- B. comparative psychology.
- C. experimental psychology.**
- D. developmental psychology.

CL: K
Learning Objective: 1.24
Passer - Chapter 001 #206

207. (p. 36) The specialty area in psychology that focuses on how the presence of other people influences an individual's behaviour, thoughts, and feelings is called:

- A. personality psychology.
- B. cross-cultural psychology
- C. organizational psychology
- D. social psychology**

CL: K
Learning Objective: 1.24
Passer - Chapter 001 #207

208. (p. 37) The three important principles of effective time management are:

- A. creating written schedules, prioritizing, studying in the same place.
- B. studying in the same place, prioritizing, monitoring progress.
- C. getting feedback, prioritizing, monitoring progress.
- D. creating written schedules, prioritizing, monitoring progress.**

CL: K
Learning Objective: 1.27
Passer - Chapter 001 #208

209. (p. 38) When you are studying and attempting to retain material, the directed questions study method is _____:

- A. as effective as underlining the text as you read.
- B. almost as effective as underlining the text as you read.
- C. more effective than underlining the text as you read.**
- D. not at all effective when compared to underlining the text as you read.

CL: K
Learning Objective: 1.27
Passer - Chapter 001 #209

210. (p. 38) Research looking at the effectiveness of different study techniques found that in general, study techniques:

- A. made no difference in students' memory capacity.
- B. increased students' memory capacity by about 10 percent.
- C.** increased students' memory capacity by about 20 percent.
- D. decreased students' memory capacity by about 20 percent.

Learning Objective: 1.27
Passer - Chapter 001 #210

211. (p. 39) Which of the following was mentioned as a strategy that is often used by testwise students?

- A.** On multiple choice tests, rule out the obviously incorrect answers immediately.
- B. Multiple choice alternatives containing the words "always," "never," "universally," and "totally" are usually correct.
- C. Multiple choice alternatives containing qualitative terms such as "tend," "often," and "generally" are usually incorrect.
- D. On multiple choice tests, don't change your first answer because it is usually correct.

CL: K
Learning Objective: 1.27
Passer - Chapter 001 #211

212. (p. 38) Julie wants to earn good grades in college and planned to devote enough time studying to succeed. However, Julie's apartment is a mess, and although it is the quietest place to study, she cannot focus to study when she is surrounded by a mess. . Julie decides to clean up her apartment and then she is too tired to study. Julie has a problem with:

- A. using an active approach to learning.
- B.** prioritizing her tasks.
- C. finding a suitable study place.
- D. setting appropriate goals for herself.

CL: AN
Learning Objective: 1.27
Passer - Chapter 001 #212

213. (p. 4) Psychology can be defined generally as the scientific study of the mind.

FALSE

Learning Objective: 1.1
Passer - Chapter 001 #213

214. (p. 5) The goal of basic research is simply to learn more about something, while applied research is typically done to solve some real-world problem.

TRUE

*Learning Objective: 1.3
Passer - Chapter 001 #214*

215. (p. 7) One goal of psychology is being able to predict how animals or people will behave under specific circumstances.

TRUE

*Learning Objective: 1.4
Passer - Chapter 001 #215*

216. (p. 9-10) Psychological research has shown that the most important psychological perspective for understanding human behaviour is the biological perspective.

FALSE

*Learning Objective: 1.17
Passer - Chapter 001 #216*

217. (p. 10) The dualism perspective assumes that the mind and body are one, while the monism position asserts that the mind is in fact separate from the body.

FALSE

*Learning Objective: 1.6
Passer - Chapter 001 #217*

218. (p. 14) A criticism of the sociobiological approach is that it places too much emphasis on cultural factors.

FALSE

*Learning Objective: 1.18
Passer - Chapter 001 #218*

219. (p. 14-15) Stanley Coren, of the University of British Columbia, has demonstrated that it is not possible to use behaviour genetics to rank different breeds of dogs based on their abilities to learn and obey commands.

FALSE

*Learning Objective: 1.17
Passer - Chapter 001 #219*

220. (p. 15) The cognitive psychological perspective views human beings as information processors who think, plan, and problem-solve.

TRUE

Learning Objective: 1.14
Passer - Chapter 001 #220

221. (p. 15-16) Structuralists were concerned with breaking human consciousness down into its essential components, while Gestalt psychologists were interested in how the elements of experience are organized into wholes.

TRUE

Learning Objective: 1.14
Learning Objective: 1.8
Passer - Chapter 001 #221

222. (p. 17) Jean Piaget asserted that children pass through specific stages of cognitive development.

TRUE

Learning Objective: 1.14
Passer - Chapter 001 #222

223. (p. 1.14) The viewpoint that assumes that "reality" is largely a mental creation is known as social constructivism.

TRUE

Learning Objective: 22
Passer - Chapter 001 #223

224. (p. 20) Sigmund Freud first thought that his patients with hysteria were creating fantasies about being sexually abused as children, but he later revised this view and stressed that he believed these reports to be real and accurate.

FALSE

Learning Objective: 1.10
Passer - Chapter 001 #224

225. (p. 20) Among his other pioneering contributions, Sigmund Freud was the first to suggest that humans were influenced by forces of which they were unaware.

FALSE

Learning Objective: 1.10
Passer - Chapter 001 #225

226. (p. 21) One of the strengths of Sigmund Freud's psychoanalytic theory is that his concepts are relatively easy to assess and measure.

FALSE

Learning Objective: 1.10
Passer - Chapter 001 #226

227. (p. 22) In his observational studies of the behaviour of newborn puppies and kittens, Wesley Mills is an example of an empiricist.

TRUE

Learning Objective: 1.7
Passer - Chapter 001 #227

228. (p. 23) The behavioural psychological perspective is rooted in the work of structuralist Wilhelm Wundt.

FALSE

Learning Objective: 1.12
Passer - Chapter 001 #228

229. (p. 24-25) The humanistic psychological perspective emphasizes free will and innate human tendencies towards growth.

TRUE

Learning Objective: 1.13
Passer - Chapter 001 #229

230. (p. 25) Terror-management theory was discussed in the context of the behavioural perspective.

FALSE

Learning Objective: 1.13
Passer - Chapter 001 #230

231. (p. 1.16) Collectivistic cultures place a strong emphasis on personal goals and accomplishments.

FALSE

Learning Objective: 1.36
Passer - Chapter 001 #231

232. (p. 24) If cultural factors maintain and support a gender difference that was first created by evolution, these cultural factors would be considered examples of present causes.

OMIT. No material relating to this.

Ans: True

TRUE

Learning Objective: 1.37
Passer - Chapter 001 #232

233. (p. 30) A psychologist who emphasizes the importance of early childhood experiences and unconscious factors would likely be associated with the cognitive-behavioural psychological perspective.

FALSE

Learning Objective: 1.10
Passer - Chapter 001 #233

234. (p. 30) The behavioural psychological perspective typically operates at the environmental level of analysis.

TRUE

Learning Objective: 1.12
Passer - Chapter 001 #234

235. (p. 33) An interaction is when the presence or strength of one factor can influence the effect of another factor.

TRUE

Learning Objective: 1.5
Passer - Chapter 001 #235

236. (p. 32) Regarding research on depression, it is generally assumed that the biological level of analysis is the most useful in terms of shedding light on the disorder.

FALSE

Learning Objective: 1.22
Passer - Chapter 001 #236

237. (p. 33-34) The field of psychology tends to favour the use of direct observation over reasoning as a means of gaining knowledge.

TRUE

Learning Objective: 1.1
Passer - Chapter 001 #237

238. (p. 34) Although psychology courses have been taught in Canada since the early 1900s, the earliest independent psychology department at a Canadian university was not created until 1924 at McGill University.

TRUE

Learning Objective: none
Passer - Chapter 001 #238

239. (p. 35) The training and practice of psychiatrists is, for all intents and purposes, the same as that of psychologists who perform mental-health services.

FALSE

Learning Objective: 1.26
Passer - Chapter 001 #239

240. (p. 37) The three important guidelines for effective time management are using written schedules, prioritizing, and constantly monitoring your progress.

TRUE

Learning Objective: 1.27
Passer - Chapter 001 #240

241. (p. 4) Psychology is the scientific study of _____ and the factors that influence it.

behaviour

Learning Objective: 1.1
Passer - Chapter 001 #241

242. (p. 5) _____ research is designed to solve specific practical problems.

Applied

Learning Objective: 1.3
Passer - Chapter 001 #242

243. (p. 6-7) Elliot Aronson and his colleagues used the results of the Robbers Cave experiment to create a classroom procedure called the _____.

jigsaw program

Learning Objective: 1.3

Passer - Chapter 001 #243

244. (p. 7) The four goals of psychology are to _____, understand, predict, and control.

describe

Learning Objective: 1.4

Passer - Chapter 001 #244

245. (p. 9) The 6 broad view points employed by psychologists to understand the diverse causes of behaviour are called _____.

perspectives

Learning Objective: 1.20

Passer - Chapter 001 #245

246. (p. 1.6) Most modern scientists hold the view that mind and body are one. This view of the mind-body relationship is called _____.

monism

Learning Objective: 8

Passer - Chapter 001 #246

247. (p. 12) The invention of the _____ in 1929 allowed researchers to measure electrical activity in the brain.

electroencephalogram (EEG)

Learning Objective: 1.17

Passer - Chapter 001 #247

248. (p. 14) The field of _____ specifically focuses on the role of evolution in the development of human behaviour.

evolutionary psychology

Learning Objective: 1.17

Learning Objective: 1.18

Passer - Chapter 001 #248

249. (p. 14) _____ attempts to study how behavioural tendencies are affected by genes.

Behaviour genetics

Learning Objective: 1.17
Passer - Chapter 001 #249

250. (p. 15) The _____ psychological perspective places an emphasis on how individuals process information and solve problems.

cognitive

Learning Objective: 1.14
Passer - Chapter 001 #250

251. (p. 16) Gestalt psychologist Wolfgang Kohler defined _____ as the sudden perception of a significant relationship or a solution to a problem.

insight

Learning Objective: 1.14
Passer - Chapter 001 #251

252. (p. 17) Jean Piaget is known for his theory of _____ development in children.

cognitive

Learning Objective: 1.14
Passer - Chapter 001 #252

253. (p. 17) Aaron Beck and Albert Ellis investigated how mental distortions and _____ contribute to emotional problems.

irrational thinking/cognitive errors

Learning Objective: 1.14
Passer - Chapter 001 #253

254. (p. 17) The modern field of cognitive psychology called _____ attempts to better understand human reasoning and thought processes by using complex computer modeling.

artificial intelligence

Learning Objective: 1.14
Passer - Chapter 001 #254

255. (p. 18) The new area of _____ arose from the melding of the biological and cognitive perspectives.

cognitive neuroscience

Learning Objective: 1.14
Passer - Chapter 001 #255

256. (p. 20) The _____ perspective emphasizes the importance of unconscious processes and conflicts, early childhood experiences, and personality.

psychodynamic

Learning Objective: 1.11
Passer - Chapter 001 #256

257. (p. 20) _____ is the psychological disorder in which people develop physical symptoms such as blindness, pain, or paralysis, yet there is no obvious biological cause for these symptoms.

Hysteria

Learning Objective: 1.11
Passer - Chapter 001 #257

258. (p. 20) Sigmund Freud's particular psychodynamic theory was called _____.

psychoanalysis

Learning Objective: 1.11
Passer - Chapter 001 #258

259. (p. 22) The origins of the behavioural perspective can be found in the 17th century school of philosophy known as _____.

British Empiricism

Learning Objective: 1.12
Passer - Chapter 001 #259

260. (p. 23) B. F. Skinner is the leading figure in the psychological perspective known as _____.

behaviourism

Learning Objective: 1.12
Passer - Chapter 001 #260

261. (p. 24) Albert Bandura is one of the leading figures in the _____ approach, which attempts to combine two major psychological perspectives.

cognitive-behavioural

Learning Objective: 1.12
Passer - Chapter 001 #261

262. (p. 25) The humanistic concept of _____ refers to reaching one's individual potential.

self-actualization

Learning Objective: 1.13
Passer - Chapter 001 #262

263. (p. 26) _____ theory assumes that existential fear is created in people because of their innate desire for life and the anxiety associated with the inevitability of death.

Terror-management

Learning Objective: 1.13
Passer - Chapter 001 #263

264. (p. 26) _____ are the rules that a culture uses to specify what is and is not acceptable behaviour.

Norms

Learning Objective: 1.15
Passer - Chapter 001 #264

265. (p. 26) Japan is generally considered to be a collectivistic culture, while the United States is typically viewed as a(n) _____ culture.

individualistic

Learning Objective: 1.16
Passer - Chapter 001 #265

266. Some psychologists argue that evolution may initially be responsible for certain behaviours, but that culture may determine whether these behaviours actually appear or not. In this case, evolution would be considered an example of a(n) _____ cause.

originating cause

Passer - Chapter 001 #266

267. (p. 29) The _____ psychological perspective emphasizes underlying thoughts, planning, perceptions and memory as main causal factors in human behaviour.

cognitive

Learning Objective: 1.14
Passer - Chapter 001 #267

268. (p. 29) The _____ psychological perspective emphasizes an individual's innate drive for self-actualization and for personal meaning in order to explain behaviour.

humanistic

Learning Objective: 1.13
Passer - Chapter 001 #268

269. (p. 30-31) The three levels of analysis for describing behaviour are biological, _____, and environmental.

psychological

Learning Objective: 1.21
Passer - Chapter 001 #269

270. (p. 31-32) A psychologist who examines the brain processes associated with depression is operating at the _____ level of analysis.

biological

Learning Objective: 1.21
Passer - Chapter 001 #270

271. (p. 32) People with the psychological disorder _____ typically take no credit for the good things that happen in their lives, while they blame themselves for the things that go wrong.

depression

Learning Objective: 1.22
Passer - Chapter 001 #271

272. (p. 33-34) The fact that psychology is considered a(n) _____ science means that direct observation is favoured over intuition or reasoning as a means of gaining knowledge.

empirical

Learning Objective: 1.1
Passer - Chapter 001 #272

273. (p. 34) The first psychology department in Canada was established in 1924 at _____ University.

McGill

*Learning Objective: none
Passer - Chapter 001 #273*

274. (p. 35) _____ are medical doctors who receive specialized training in diagnosing and treating mental disorders.

Psychiatrists

*Learning Objective: 1.26
Passer - Chapter 001 #274*

275. (p. 38) The directed questions study method is thought to work because it reduces test anxiety, provides a means of actively learning the material, and provides constant _____ regarding what you've learned.

feedback

*Learning Objective: 1.27
Passer - Chapter 001 #275*

276. (p. 15-17) Describe the structuralism, functionalism, and Gestalt approaches to psychology. Which psychological perspective did these approaches contribute to? Which approach had the largest impact on psychology? Be sure to mention the names of important or relevant people associated with each approach.

Discuss Wilhelm Wundt and Edward Titchener and how structuralism attempted to analyze the mind in terms of its basic components; William James and how functionalism is concerned with the functions of the mind; Wolfgang Kohler and Gestalt psychology, and its interest in how information is organized into wholes. All three approaches of the cognitive perspective are concerned with understanding the mind/consciousness. Mention how functionalism had the largest impact on psychology.

*Learning Objective: 1.14
Learning Objective: 1.8
Passer - Chapter 001 #276*

277. (p. 31-33) Using the three levels of analysis (biological, psychological, and environmental) describe what is known about depression. What has research at each of these levels revealed about this disorder?

Discuss biological findings: twin studies, how neurotransmitters appear to be influenced by effective drugs, and disruption of biological rhythms associated with sleep. Psychological findings: negative thought patterns of depressed people, pessimistic personality styles, sensitivity to loss and rejection possibly related to early childhood experience. Environmental findings: depression as a non-reinforcing environment, tend to alienate immediate social support because of symptoms, variability of symptoms between cultures.

Learning Objective: 1.22
Passer - Chapter 001 #277

278. (p. 19) Briefly summarize the results of Albert Hastorf's and Hadley Cantril's "They Saw a Game" study. Be sure to discuss what led them to conduct their research, how they went about trying to answer their questions (e.g., their methods) and what results they obtained. What "revolution" did this research study contribute to?

Discuss controversy over the violent football game between Dartmouth and Princeton. Disagreement regarding which side was more "dirty" and perspectives differed depending upon the team. Hastorf and Cantril interviewed students from each school and asked them which team had started the rough play and had them count violations while watching a film of the game. The vast majority of Princeton students thought that Dartmouth started the rough play, Dartmouth students significantly less. When watching the film, Dartmouth students thought violations were even, while Princeton saw twice as many Dartmouth penalties. Research showed how attitudes/ beliefs can impact perception. The study helped to begin the cognitive revolution.

Learning Objective: 1.14
Passer - Chapter 001 #278

279. (p. 7) What are the four primary goals of psychology? Give examples of how these goals would relate to a psychologist who is researching test anxiety. Relate these goals to yourself by giving examples of how they apply to your own life.

Goals are: describe, understand, predict, and control. Discuss how a psychologist would want to observe the conditions where test anxiety occurs; attempt to understand why it occurs by relating the anxiety to possible causal factors (e.g., biology, thinking, situation); test understanding by trying to make a prediction of when test anxiety will happen (e.g., When will anxiety occur? Who will get test anxious?); finally, could try to eliminate or reduce test anxiety with some treatment program or medication. Concludes with examples of description, understanding, prediction, and control from personal life.

Learning Objective: 1.4
Passer - Chapter 001 #279

280. (p. 6-7) Describe and summarize the results of the Robbers Cave experiment and Elliot Aronson's jigsaw program. Be sure to classify each study as either basic or applied research and discuss how the two studies are related to one another.

Discussion of how Robbers Cave researchers were interested in observing what factors contributed to hostility between kids. Noticed that two groups (Rattlers and the Eagles) were more hostile when they were in competition with one another. The hostility was significantly reduced when they were forced to cooperate. The results from this basic research were later utilized by Aronson in his attempt to increase the harmony between school children of differing ethnicities. His jigsaw program placed children in small ethnically diverse groups and each child was given an essential piece of information that the entire group needed to learn. Results of this applied research have shown that it increased students' liking for one another and raised academic achievement and self-esteem.

*Learning Objective: 1.3
Passer - Chapter 001 #280*

281. (p. 9-11, 12-15, 18-22, 19-24) Describe biological, psychodynamic, and behavioural perspectives. In your answer, be sure to discuss each perspective's 1) conception of human nature, 2) assumptions about the major causes of behaviour, and 3) predominant foci and methods of discovery.

Conceptions of human nature are respectively: the human as animal, human as controlled by inner forces and conflicts, and human as reactor to the environment. Causes of behaviour are: genetics, evolution, brain, bio-chemical processes (biological), unconscious motives, conflicts, and defences, early childhood experience (psychodynamic), and learning experience and stimuli/consequences that exist in the environment (behavioural). Foci and methods of discovery are: study of brain, genetics, and biochemical processes (biological), extensive observations of personality in therapy/clinical settings (psychodynamic), and observation of learning processes in lab and real world settings.

*Learning Objective: 1.10
Learning Objective: 1.12
Learning Objective: 1.17
Passer - Chapter 001 #281*

282. (p. 15-18, 22-25, 24-27) Describe the humanistic, sociocultural, and cognitive perspectives. Mention which level of analysis (biological, psychological, or environmental) the perspective tends to utilize. Note any major similarities or differences between the perspectives.

Discussion of essential elements of each approach: focus on free will choice and self-actualization (humanistic); focus on the role and impact of culture on behaviour (sociocultural); and view humans as computer-like processors who think, plan, and reason. Both the cognitive and humanistic approaches tend to operate at the psychological level of analysis, while sociocultural is at the environmental level. Possible similarities/differences: Both the humanistic and sociocultural approaches acknowledge the importance of the environment. Both humanistic and cognitive approach pay attention to meaning/interpretations.

Learning Objective: 1.13

Learning Objective: 1.14

Learning Objective: 1.15

Passer - Chapter 001 #282

283. (p. 8-9) Describe the case of Charles Whitman. Briefly mention what happened and some of the relevant details of the tragedy. Using each of the three levels of analysis (biological, psychological, and environmental), interpret and explain why this terrible incident may have happened.

Mention of how Whitman was a college student who killed his wife and mother. He then went to a university campus and killed more than a dozen people before being killed by police. In a letter he wrote before the incident, he complained of constant headaches, violent impulses, and irrational thoughts. An autopsy subsequently revealed that he had a brain tumour near the part of his brain associated with aggression. Biological level of analysis: focus on tumour as possible cause. Psychological level of analysis: focus on irrational thoughts and/or violent impulses. Environmental level of analysis: focus on previous learning experiences and the impact of the culture in which he grew up.

Learning Objective: 1.21

Passer - Chapter 001 #283

284. (p. 10-15) Discuss Charles Darwin's theory of evolution and the process of natural selection. Which psychological perspective is evolutionary theory associated with? Describe how evolutionary theory has continued to "evolve" in the modern approaches of evolutionary psychology and sociobiology.

Discussion of notion of "survival of the fittest" and how natural selection assumes that animals with genes that convey a survival advantage (attract more mates, make it easier to eat, more able to avoid predators) are more likely to survive and pass genes to next generation. Evolutionary theory is associated with biological perspective. Modern approaches to evolution include evolutionary psychology, which asserts that behaviours are also influenced by the same evolutionary factors. This tradition argues that genes determine behaviour, which in turn influences survival. Sociobiology assumes that complex social behaviours are influenced by natural selection, though this approach has been criticized for neglecting the impact of culture/the environment.

Learning Objective: 1.17

Passer - Chapter 001 #284

285. (p. 22–24) Explore the development of the behavioural perspective by discussing the contributions of the following people on the perspective: John Locke, Ivan Pavlov, John Watson, and B.F. Skinner.

*John Locke was associated with the British empiricism school of philosophy, which assumed that people were born as "blank slates" and that the environment shaped them. The key factor in determining behaviour was experience. Pavlov did work in Russia in the 1900s with dogs demonstrating that they could be trained to salivate to new stimuli such as tones. In the 1920s, John Watson was the main person associated with behaviourism. He disagreed with the emphasis on mental events and argued that we should focus on observable behaviour. He said he could take an infant and train it to become anything (doctor, lawyer, thief, etc.). B.F. Skinner was one of the leading figures of modern behaviourism. He acknowledged the occurrence of mental events but he did not think they were the causes of behaviour. In the book *Walden Two*, he argued that the environment can be used for good or for evil.*

*Learning Objective: 1.12
Passer - Chapter 001 #285*

286. (p. 19–22) Define hysteria and repression and discuss how they relate to Freud's conception of the mind.

Hysteria is a psychological disorder in which the patient presents with a single physical symptom or a variety of physical symptoms (such as paralysis, pain, blindness) for which no organic cause can be found. Repression is a defence mechanism that protects the individual from experiencing anxiety by keeping anxiety-arousing impulses, feelings and memories buried in the unconscious. Freud believed that behaviour, both normal and abnormal, was a reflection of unconscious internal struggles between underlying forces (like aggression and sex) and various defence mechanisms. Repression is just a specific example of one such defence mechanism. Similarly, hysteria appears in individuals who are experiencing unsatisfied sexual drives. Both hysteria and repression represent the influence of the unconscious on behaviour.

*Learning Objective: 1.10
Passer - Chapter 001 #286*

287. (p. 35–36) Outline five of the major areas of specialization within psychology specifying the area of focus for each of these areas. Also, briefly outline the typical level of training for a psychologist and state how the training of psychologists and psychiatrists differ.

There are 10 major specialty areas listed in the text they include: clinical (diagnosis and treatment of emotional disorders); counselling (focus on personal adjustment); educational (psychological aspects of the educational process); experimental (basic research on processes like memory, learning, perception); industrial (psychological factors associated with work); developmental (study of physical, mental, and emotional changes across the life span); social (study of social behaviour); personality (individual differences in personality and personality development); physiological (biological bases of behaviour); and quantitative (measurement and data analysis).

The major difference between the training of psychologists and psychiatrists is that psychologists have a graduate degree (typically a Ph.D.) with concentration in one or more of the specific subfields of psychology whereas psychiatrists have a medical degree with further specialization and training in the diagnosis and treatment of mental disorders.

Learning Objective: 1.24

Learning Objective: 1.25

Learning Objective: 1.26

Passer - Chapter 001 #287

288. (p. 30) The text specifies three levels of analysis and six perspectives on behaviour. Discuss how the six difference perspectives can be related to these three levels of analysis.

The six perspectives mentioned in the text are the biological, cognitive, psychodynamic, humanistic, sociocultural, and behavioural whereas the three levels of analysis are biological, psychological, and environmental. Each level of analysis is one way of describing various aspects of behaviour and classifying causal factors. The biological perspective corresponds directly with the biological level of analysis. The cognitive, psychodynamic, humanistic, and sociocultural perspectives relate to the psychological level of analysis. And both the sociocultural and behavioural perspectives correspond to the environmental level of analysis.

Learning Objective: 1.21

Passer - Chapter 001 #288

289. (p. 33) Select any three of the six themes that are the foundation of psychology and explain their meaning.

The theme that psychology is empirical emphasizes that research focuses on direct observation as a means of knowledge acquisition. The theme that in psychology we recognize that our experience of the world is unique or subjective indicates that we respond to and recognize that each person behaves in a way that is influenced by their unique perceptions, thoughts, and experiences. The theme that behaviour is determined by multiple causal factors emphasizes that in order to fully understand behaviour, we must understand the many factors that interact with each other to influence behaviour. The theme in psychology that nature and nurture interact to affect behaviour emphasizes that you must consider biological as well as environmental factors in order to understand behaviour. We must also recognize that our biology affects the types of experiences we have while our biology is affected by our experiences. The theme that psychological capabilities have evolved emphasizes that behaviour is a means by which we adapt to environmental demands. The theme that cultural environment is an important influence on behaviour indicates that in an increasingly multicultural world, we must recognize that behaviour and mental processes are strongly affected by the unique cultures within which people live.

Learning Objective: 1.10

Learning Objective: 1.12

Learning Objective: 1.13

Learning Objective: 1.14

Learning Objective: 1.15

Learning Objective: 1.17

Learning Objective: 1.20

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Passer - Chapter 001 #289

c1 Summary

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