

## Chapter 1:

### Approaches to Understanding Emotions

1. According to Darwin (1872) an emotional expression that uses the **blood vessels** expresses which one of the following emotions?

- a. anger
- b. shame**
- c. pleasure
- d. resignation

*Source: Page 6, Table 1.1*

2. According to Charles Darwin (1872) **fear** is expressed by way of changes in which of the following bodily systems?

- a. the sweat glands.
- b. the dermal apparatus.
- c. the somatic muscles.
- d. both b & c.**

*Source: Page 6, Table 1.1*

3. Charles Darwin asked two broad questions that still guide emotion researchers today. These questions included:

- a. How are emotions expressed in humans and other animals?**
- b. What would happen if we did not have emotions?
- c. How can we cultivate emotions in our relationships, and through the life course?
- d. How are emotions different in different cultures?

*Source: Page 6*

4. The **physiological approach to emotions** is associated with which one of the following scholars?

- a. Charles Darwin
- b. Sigmund Freud
- c. William James**
- d. René Descartes

*Source: Page 8*

5. According to William James, the **core of an emotion** is:

- a. the pattern of bodily responses associated with an experience.
- b. the changes within one's autonomic nervous system
- c. the changes in how one's muscles and joints move.
- d. all of the above.

*Source: Page 9*

6. The **psychotherapeutic approach** assumes which of the following to be true?

- a. The emotional life of adulthood derives from relationships we had in childhood with parents or other caregivers.
- b. We are responsible for our emotions because we are responsible for our beliefs.
- c. Emotions have useful functions; they help us navigate our social interactions.
- d. All of the above are consistent with the psychotherapeutic approach.

*Source: Page 10*

7. According to Aristotle, **tragic drama** impacts people in important ways. Notably, when people are at the theater they:

- a. sympathize with the main character.
- b. learn to distance themselves from the emotions of the main character.
- c. come out of the theater feeling more confident about their own lives.
- d. experience a purgation or purification of emotions.

*Source: Page 11*

8. One could say the Epicureans and Stoics were the first emotion researchers in the West. The **Epicureans** taught that one should:

- a. avoid becoming emotional.
- b. extirpate almost all desires from one's life.
- c. live simply and enjoy simple pleasures.
- d. strive for great things like wealth and fame.

*Source: Page 12*

9. One could say the Epicureans and Stoics were the first emotion researchers in the West. The **Stoics** taught that one should:

- a. avoid becoming emotional.
- b. extirpate almost all desires from one's life.
- c. live simply and enjoy simple pleasures.
- d. strive for great things like wealth and fame.

*Source: Page 13*

10. The **philosophical approach to emotions** is associated with which one of the following scholars?

- a. Charles Darwin
- b. Sigmund Freud
- c. William James
- d. René Descartes

*Source: Page 14*

11. Which fundamental emotions occur in the **soul** according to René Descartes?

- a. fear, anger, sadness, resignation, and guilt
- b. wonder, desire, joy, love, hatred, and sadness
- c. happiness, surprise, and love
- d. disgust, curiosity, love, hatred, and shame

*Source: Page 14*

12. Greek doctors such as Hippocrates and Galen thought that disease was caused by an imbalance among the humors, with an increase of each humor giving rise to a distinct emotional state. **Placidity** was thought to derive from an excess of:

- a. black bile
- b. yellow bile
- c. phlegm
- d. blood

*Source: Page 15*

13. Greek doctors such as Hippocrates and Galen thought that disease was caused by an imbalance among the humors, with an increase of each humor giving rise to a distinct emotional state. **Hope and vigor** were thought to derive from an excess of:

- a. black bile
- b. yellow bile
- c. phlegm
- d. blood

Source: Page 15

14. According to George Eliot, **literary art** is important to the emotions because novels encourage readers to:

- a. extend "sympathies" to people outside of their usual circle of friends and acquaintances.
- b. more frequently express their emotions to others.
- c. develop a more effective set of coping skills.
- d. experience *katharsis* of their emotions.

Source: Page 16

15. Tania Singer and her collaborators (2004) assessed brain activity while volunteers experienced a painful electric shock and compared it to that elicited when they observed a signal indicating that their loved one – present in the same room – was receiving a similar shock. Singer et al. found that when a participant felt pain \_\_\_\_\_ whereas when a participant was signaled that their loved one experienced pain \_\_\_\_\_.

- a. parts of their anterior cingulate cortex were activated; their somato-sensory cortex was activated.
- b. their somato-sensory cortex and parts of their anterior cingulate cortex were activated; their somato-sensory cortex was activated.
- c. their somato-sensory cortex and parts of their anterior cingulate cortex were activated; parts of their anterior cingulate cortex were activated.
- d. parts of their anterior cingulate cortex were activated; their somato-sensory cortex and parts of their anterior cingulate cortex were activated.

Source: Page 19

16. The **opposite of empathy** is:

- a. *schadenfreude*
- b. contempt
- c. condemnation
- d. remorse

Source: Page 21 (Special Section re. Novels and Films: Avatar)

17. In the 1970s and 1980s Alice Isen studied how happiness influences people's perception of the world. Based on findings from numerous studies, Isen concluded that **happiness impacts cognition** in which one of the following ways?

- a. Happiness makes people more error-prone on simple tasks.
- b. **Feeling happy encourages people to be less critical about consumer goods.**
- c. Happiness encourages rapid decision-making.
- d. Happiness makes people more cautious about loss when risks are low.

*Source: Page 23, Table 1.2*

18. For understanding emotions, sociologist Erving Goffman's most instructive work is perhaps the essay "Fun in games". In this essay Goffman contends that happiness emerges when people:

- a. interact recreationally with others.
- b. act in accordance with the expectations of others.
- c. act in accordance with their own personal values.
- d. **are fully engaged in what they are doing.**

*Source: Page 24*

19. Sociologist Arlie Hochschild observed how "feeling rules" were instructed to Delta Airlines cabin staff as part of their training regimen. The "feeling rules" associated with this occupation:

- a. aimed to produce staff who could play a particular emotional role.
- b. aimed to encourage a particular emotional tone in passengers.
- c. were ingrained by asking staff to practice particular expressions and recall memories to aid performances.
- d. **all of the above are true of Delta Airlines training observed by Hochschild.**

*Source: Page 24*

20. The term \_\_\_\_\_ refers to a state that typically lasts for hours, days, or weeks, sometimes as a low-intensity background.

- a. personality trait
- b. emotional disorder
- c. **mood**
- d. emotional episode

*Source: Page 28*

## Chapter 2:

### Evolution of Emotions

1. Charles Darwin described evolution in terms of **all but which one** of the following processes?

- a. superabundance
- b. variation
- c. adaptation
- d. selection

*Source: Page 32*

2. According to Charles Darwin, **selection** refers to the fact that:

- a. offspring are somewhat different from others and differences are passed on by heredity.
- b. organisms choose to cooperate more often than they choose to compete.
- c. organisms are more likely to consume low-energy foods associated with a low level of risk compared to high-energy foods associated with a high level of risk.
- d. characteristics that allow better adaptation to the environment are selected because they enable survival, and hence are passed on.

*Source: Page 32*

3. Many systems such as our **preferences for sweet foods and aversion to bitter foods** developed in response to:

- a. selection pressures.
- b. social demands.
- c. environmental load.
- d. intersexual competition.

*Source: Page 32*

4. Stags lock horns and engage in battles that are at times violent to find who is dominant and who therefore has access to mates. This is an example of:

- a. dominance
- b. implicit aggression
- c. intrasexual competition
- d. intersexual competition

*Source: Page 32*

5. Which one of the following is an adaptation that has evolved to help humans find a **fertile mate**?

- a. The perception that facial symmetry is beautiful.
- b. A preference for males with status and resources.
- c. A preference for a mate with a youthful appearance.
- d. Both b & c.

*Source: Page 33*

6. Which one of the following is an adaptation that has evolved to help humans find a **healthy mate**?

- a. The perception that facial symmetry is beautiful.
- b. A preference for males with status and resources.
- c. A preference for a mate with a youthful appearance.
- d. Both b & c.

*Source: Page 33*

7. Which one of the following behaviors illustrates an **exaptation**?

- a. A dog that avoids consuming bitter foods.
- b. A brief raising of the eyebrows, lasting a fraction of a second, when people approach one another during greeting.
- c. An adult human who laughs and feels happy when observing a baby who is cooing and laughing.
- d. All of the above.

*Source: Page 35*

8. Working from the assumption that genes need the body of a plant or animal to contain them and enable them to reproduce, **emotions** play what role in animals?

- a. Emotions help to ensure that genes will be protected and reproduced.
- b. Emotions make us selfish and discourage altruistic actions that could compromise our genes.
- c. Genes program our emotions so that all our actions are reflex-driven and none of our actions derive from attractions and urges that our culture can modify.
- d. All of the above.

*Source: Page 37*

9. **Attachment** is:

- a. a human form of imprinting.
- b. a social motivation.
- c. an adaptation that has been selected for during evolution.
- d. all of the above.

*Source: Page 38*

10. **Assertion** is:

- a. an antisocial motivation.
- b. likely to inspire behaviors such as differential smiling and exploration away from the mother as a secure base in human infants.
- c. associated with the social emotion of shame when one's social status is diminished.
- d. both a & c.

*Source: Page 40*

11. **Affiliation** is:

- a. what encourages mothers to protect their offspring.
- b. what inspires warmth and affection in human relationships.
- c. more associated with the system of smell than the system of touch.
- d. all of the above.

*Source: Page 41*

12. Which of the following is true about **pair-bonding**?

- a. Pair-bonding is common amongst all primates.
- b. A pair-bonded male and female maintain a lasting sexual interest in each other.
- c. Pair-bonding is observed more often in urban as opposed to rural human communities.
- d. Pair-bonding is observed between romantic partners and between platonic friends.

*Source: Page 41*



13. The loss or absence of an **attachment figure** inspires:

- a. anxiety
- b. sadness
- c. anger
- d. surprise

*Source: Page 42 Figure 2.2*

14. According to the textbook's authors, our **biggest handicap as a social species** is the fact that:

- a. we tend to compete with others.
- b. we tend to territorial.
- c. we tend to be highly emotional.
- d. we feel emotions like contempt and social disgust.

*Source: Page 44*

15. **High-status** male chimpanzees:

- a. maintain their status by monopolizing food.
- b. are the largest animals within their group.
- c. spend a good part of their time breaking up the conflicts of lower-status chimps.
- d. avoid reconciliation following conflict with others in their group.

*Source: Pages 46 & 47*

16. The making of tools, the making of fire to prepare food, the use of language, and the making of art are human universals (Brown, 1991) that are similar because they:

- a. are innovations that distinguish humans from other living primates.
- b. are social.
- c. have emotional aspects.
- d. all of the above.

*Source: Page 50*

17. Robin Dunbar argues that **conversational language** emerged in human beings because:

- a. Human groups became too large for grooming to be a practical way of maintaining social bonds; therefore, conversation developed as a necessary replacement for grooming.
- b. Human beings naturally imitated noises in their environment, and these noises became words.
- c. Humans developed tongue movements to mimic manual gestures, something that helped with the acquisition of increasingly sophisticated manual habits.
- d. Humans needed words to help mediate conflicts within the group.

Source: Page 52

18. The **varying environments of evolutionary adaptedness** were primarily defined by their:

- a. climate
- b. terrain
- c. social characteristics
- d. all of the above

Source: Page 54

19. **Feeling interested and surprised** when we find ourselves **exploring a novel environment** is linked with which of the following motivations?

- a. attachment
- b. affiliation
- c. assertion
- d. non-social goals

Source: Page 55

20. **Feeling jealous** when we find ourselves **threatened by an interloper** is linked with which of the following motivations?

- a. attachment
- b. affiliation
- c. assertion
- d. non-social goals

Source: Page 55