Chapter Test

1. Which of the following is NOT a characteristic of motivated behavior?
   a. purposeful
   b. caused by a specific mental stage
   c. intentional
   d. adaptive
   Answer: D  difficulty: 1  factual

Goal 3: Critical Thinking Skills in Psychology

2. Motivation cannot be directly observed, but it may be measured by examining changes in the
   a. reinforcing consequences of a behavior
   b. frequency and independence of a behavior
   c. emotional effort required to perform a behavior
   d. intensity and persistence of behavior
   Answer: D  difficulty: 2  conceptual

Goal 3: Critical Thinking Skills in Psychology

3. These are automatic behavioral tendencies that will occur reliably in all members of a species in response to some sort of cue from the environment.
   a. adaptations
   b. regressions
   c. instincts
   d. motivations
   Answer: C  difficulty: 1  factual

Goal 1: Knowledge Base of Psychology

4. When modern psychologists discuss reflexes and instincts, they often use this term.
   a. fixed-action patterns
   b. fixed-ratio behaviors
   c. variable-action patterns
   d. variable-skill sets
   Answer: A  difficulty: 1  factual

Goal 1: Knowledge Base of Psychology

5. Which of the following statements about instinctual behavior qualifies as a circular explanation?
   a. Men are more interested in action movies because men are more aggressive.
   b. Adolescents experience mood swings because of the changes in their hormonal secretions.
   c. Humans are motivated to find mates because doing so is pleasurable and adaptive.
   d. Babies instinctually turn their heads and open their mouths when something strokes their cheek so that they are prepared to feed.
   Answer: A  difficulty: 3  conceptual

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6. The balance state that drive theorists believe all motivation is designed to maintain is called
a. homeostasis
b. homeopathy
c. needs hierarchy
d. self-actualization
Answer: A difficulty: 1 factual
Goal 1: Knowledge Base of Psychology

7. Approaching a task for the experience of doing it, like volunteering on the weekends because you enjoy working with others, is likely the result of
a. intrinsic motivation
b. extrinsic motivation
c. drive reduction
d. self-actualization
Answer: A difficulty: 2 factual
Goal 4: Application of Psychology

8. Which of the following needs did Kenrick and colleagues discard from Maslow’s original pyramid?
 a. self-actualization needs
 b. physiological needs
 c. safety needs
d. esteem/respect needs
Answer: A difficulty: 2 factual
Goal 1: Knowledge Base of Psychology

9. Immediate needs for food, water, and shelter are on this level of analysis in Kenrick’s pyramid.
a. fundamental
b. evolutionary
c. cognitive
d. developmental
Answer: B difficulty: 2 factual
Goal 1: Knowledge Base of Psychology

10. If Dave describes Jen as an honest, conscientious, and sociable person, the words he uses refer to
a. adjectives
b. personalities
c. traits
d. factors
Answer: C difficulty: 1 factual
Goal 4: Application of Psychology
11. Though traits are used to categorized people in terms of the behaviors they are likely to present, they can be problematic because
   a. there are not enough traits to label every human behavior
   b. people should not be put into categories in an individualist society
   c. psychologists are interested in behaviors that are predictable
   d. people may behave differently from one situation to the next
   Answer: D  difficulty: 2  conceptual
   Goal 3: Critical Thinking Skills in Psychology

12. A person’s belief about his or her ability to accomplish a task, especially at work, is called
   a. perceived self-monitoring
   b. perceived self-efficacy
   c. perceived competence
   d. perceived performance
   Answer: B  difficulty: 2  factual
   Goal 1: Knowledge Base of Psychology

13. Some psychologists are interested in experiences of timeless, effortless focus on an activity, which are called
   a. peak experiences
   b. flow experiences
   c. attentive cognition
   d. apex attention
   Answer: B  difficulty: 2  factual
   Goal 1: Knowledge Base of Psychology

14. The homeostatic drive to satisfy needs for immediate energy and nutrition is called
   a. appetite
   b. hunger
   c. bingeing
   d. thirst
   Answer: B  difficulty: 2  factual
   Goal 1: Knowledge Base of Psychology

15. The desire to eat that is highly influenced and sometimes entirely controlled by psychological, social-environmental, or cultural factors is called
   a. appetite
   b. hunger
   c. bingeing
   d. gorging
   Answer: A  difficulty: 2  factual
   Goal 1: Knowledge Base of Psychology

16. Humans have a tendency to maintain an energy balance, meaning that calorie intake is
a. in proportion to energy expended during activity and metabolism
b. out of proportion to the size of the food units eaten
c. less than what is necessary to maintain activity levels and metabolism
d. greater than what is necessary to maintain 75 percent activity levels during the day
Answer: A difficulty: 3 factual
Goal 4: Application of Psychology

17. As humans age, this physiological process often slows down.
   a. intake
   b. cellulosis
   c. digestion rate
   d. metabolic rate
   Answer: D difficulty: 1 factual
Goal 1: Knowledge Base of Psychology

18. This sensation is associated with the loss of appetite for one food, while other foods on your plate are still motivating you to eat.
   a. satiety
   b. maximum satiation
   c. sensory-specific satiety
   d. total energy intake
   Answer: C difficulty: 1 factual
Goal 4: Application of Psychology

19. The percentage of women afflicted with bulimia nervosa is about
   a. 10%
   b. 1.5%
   c. 15%
   d. 1%
   Answer: B difficulty: 3 factual
Goal 1: Knowledge Base of Psychology

20. Slimness may be seen as a badge of immunity against unhealthful overconsumption in a culture where
   a. food is scarce
   b. overconsumption of food is common
   c. overconsumption of food is rare
   d. high-calorie foods are scarce
   Answer: B difficulty: 2 factual
Goal 4: Application of Psychology

21. High-fructose corn syrup contributes to the deregulation of the hormones that
   a. govern hunger and satiety
   b. regulate metabolism
   c. promote healthy intake of fat
   d. increase feelings of starvation
Answer: A  difficulty: 2  factual
Goal 1: Knowledge Base of Psychology

22. All of the following statements are consistent with Baumeister’s and Leary’s characterization of the need to belong, EXCEPT:
a. Relationships with frequently shifting partners are unsatisfying.
b. Human thought is characterized by concern for, and interest in, social status.
c. People will continue to maintain strong bonds even when contact is rare.
d. Those who experience belonging have higher levels of self-esteem.
Answer: B  difficulty: 3  conceptual

Goal 3: Critical Thinking Skills in Psychology

23. Intimate relationships are distinguished by the sharing of personal thoughts, feelings, and information with another person, but also experiences of
a. sexual intercourse
b. partner responsiveness
c. romantic love
d. passionate love
Answer: B  difficulty: 1  factual
Goal 1: Knowledge Base of Psychology

24. Which of the following examples best describes hostile aggression?
a. As a part of the bank robbery, Paul had to physically overtake the security guard.
b. Nicky keeps a baseball bat by his door at night in case of a break-in.
c. Anne enjoys practicing target shooting with her handgun at the gun range.
d. Paul was arrested for assault after getting into a fight at a nightclub.
Answer: D  difficulty: 3  factual

Goal 4: Application of Psychology

25. Which of the following statements is most consistent with the Western view of approach and avoidance strategies to build feelings of competence?
a. “It is best if I avoid embarrassing myself in front of the group.”
b. “If I avoid doing things that I think I won’t be good at, I’ll have better self-esteem.”
c. “I should only engage in activities that I am already good at.”
d. “I won’t know if I’m good at something if I don’t try it at least once.”
Answer: D  difficulty: 2  conceptual