Chapter Test

1. These psychological states are typically less intense than emotions, but may pervade a person’s life for days, weeks, months, or possibly even years at a time.
   a. affects
   b. feelings
   c. moods
   d. arousals
   Answer: C difficulty: 1 factual
   Goal 1: Knowledge Base of Psychology

2. According to Damasio (1994), after Elliot suffered damage to a circuit between the prefrontal cortex and the amygdala, and his emotional experiences were blocked from consciousness, Elliot’s decision making
   a. became more rational and efficient
   b. led to a promotion at work
   c. became dysfunctional and unintelligent
   d. stayed relatively the same as before his injury
   Answer: C difficulty: 2 factual
   Goal 4: Application of Psychology

3. Which of the following descriptions of ideal affect describes the dimension known as activation?
   a. Bob enjoys stamp collecting because he likes the colors of the stamps.
   b. Emily enjoys action movies mainly because they are exciting and stimulating.
   c. Mary hardly ever calls her parents for fear that they might intrude on her happiness.
   d. Jackson prefers to listen to music that matches his mood.
   Answer: B difficulty: 2 conceptual
   Goal 4: Application of Psychology

4. In certain cultures or subcultures, one is expected to express grief at funerals of loved ones by wailing, weeping, and pounding the coffin. The cultural standards for such behavior are called
   a. emotion schemas
   b. facial recognition
   c. display rules
   d. activation displays
   Answer: C difficulty: 1 factual
   Goal 1: Knowledge Base of Psychology

5. Cognitive psychologists have determined that telling a lie is demanding such that it increases a person’s
   a. perception threshold
   b. just-noticeable difference
   c. cognitive load
   d. affective reasoning
   Answer: C difficulty: 2 factual
Goal 3: Critical Thinking Skills in Psychology

6. This early theory of emotion asserts that we are happy because we are smiling, sad because we are crying, and frightened because our hearts are racing and our palms are sweating.
   a. James-Lange theory
   b. Cannon-Bard theory
   c. two-factor theory
   d. cognitive appraisal theory
   Answer: A difficulty: 1 factual

Goal 1: Knowledge Base of Psychology

7. This theory of emotion asserts that when some sort of emotion-laden event is perceived, the sensory impulses are relayed to the thalamus first. The thalamus in turn stimulates both the autonomic nervous system and the cerebral cortex at about the same time.
   a. James-Lange theory
   b. Cannon-Bard theory
   c. two-factor theory
   d. cognitive appraisal theory
   Answer: B difficulty: 1 factual

Goal 1: Knowledge Base of Psychology

8. The main weakness of both the James-Lange theory and Cannon-Bard theory of emotion is that neither theory addressed
   a. the implicit memory that we have for emotional situations
   b. the input of the emotional environment on our well-being
   c. the cognitive activity that must take place to experience an emotion
   d. the nature of the emotional response in terms of motivation
   Answer: C difficulty: 3 conceptual

Goal 3: Critical Thinking Skills in Psychology

9. This direct pathway from this area of the brain to the amygdala accounts for the fact that we can respond instantly with fear to the appearance of potentially threatening visual or auditory stimuli.
   a. corpus callosum
   b. hypothalamus
   c. thalamus
   d. prefrontal cortex
   Answer: C difficulty: 1 factual

Goal 1: Knowledge Base of Psychology

10. The human fear response is regulated by two pathways, one of which runs to the cerebral cortex. This pathway is
   a. highly sensitive to fear-provoking stimuli
   b. highly specific so that it responds to only certain fear-provoking stimuli
c. often hijacked by the activity in the thalamus
d. only sensitive to visual fear-provoking stimuli
Answer: B difficulty: 2 factual
Goal 1: Knowledge Base of Psychology

11. Studies of spinal injury patients, substance abusers, victims of terrorism, and married couples reported that the best way to deal with the anger associated with study participants’ experiences was for the victims to
a. punch a pillow while thinking about the object of their anger
b. forgive the person that caused their anger
c. rehearse the confrontation that resulted from the incident
d. ruminate about the sources of the anger until catharsis was complete
Answer: B difficulty: 2 conceptual
Goal 2: Research Methods in Psychology

12. When psychologists refer to happiness, they are talking about
a. specific instances of intense joy
b. the basic emotion of enjoyment
c. general fulfillment and well-being
d. the prospect of attaining eternal joy
Answer: C difficulty: 1 conceptual
Goal 1: Knowledge Base of Psychology

13. All of the following statements support the idea that money does not necessarily translate into happiness, EXCEPT:
a. Residents of poor nations like Nigeria and El Salvador report high levels of happiness.
b. All nations whose inhabitants report the least happiness are also among the poorest.
c. There is very little difference in happiness ratings for Americans earning $100,000 annually compared with people who earn $50,000 annually.
d. Though the United States GDP has grown substantially since 1950, happiness ratings have not changed.
Answer: B difficulty: 3 conceptual
Goal 3: Critical Thinking Skills in Psychology

14. Psychologist Ed Diener has found that income is related to happiness primarily in terms of a person’s
a. emotional well-being
b. social psychological prosperity
c. standard of living
d. respect in the community
Answer: C difficulty: 2 factual
Goal 2: Research Methods in Psychology

15. Over our lifetimes, the level of happiness we experience tends to
a. be fixed from birth
b. vary around a “set point,” similar to our baseline body weight
c. vary wildly, especially during later life
d. decrease as we enter old age
Answer: B difficulty: 2 factual

Goal 4: Application of Psychology

16. In general, our biological and psychological stress-response mechanisms are most adaptive for handling
a. chronic stress
b. psychological stress
c. acute stress
d. transient stress
Answer: C difficulty: 2 factual

Goal 1: Knowledge Base of Psychology

17. In the alarm phase of the GAS model of stress responses, the activity of this autonomic system is suppressed.
a. sympathetic nervous system
b. parasympathetic nervous system
c. reticular activation system
d. anterior cingulate cortex
Answer: B difficulty: 2 factual

Goal 1: Knowledge Base of Psychology

18. In terms of physiology, the third phase of the GAS, exhaustion, results from the fact that the prolonged stress event has
a. disrupted the metabolism of cortisol
b. increased the level of oxytocin in the brain
c. depleted energy stores and compromised homeostasis
d. depleted psychological resources for coping
Answer: C difficulty: 2 factual

Goal 1: Knowledge Base of Psychology

19. Just as specific hormones characterize the experience of fight-or-flight, this hormone is the mechanism governing tend-and-befriend.
a. oxytocin
b. cortisol
c. adrenaline
d. estrogen
Answer: A difficulty: 1 factual

Goal 1: Knowledge Base of Psychology

20. Scientists working in this field study the effects of stress and other psychological variables on the weakening of immune resistance and resultant illnesses.
a. health psychology
b. psychoneuroimmunology
c. pathological psychology
d. neuropsychology
Answer: B  difficulty: 1  factual
Goal 1: Knowledge Base of Psychology

21. In a longitudinal study involving 12,000 healthy male volunteers, those facing chronic work and marital stressors were 30 percent more likely to die of this disease than men who did not experience chronic stress.
   a. coronary heart disease
   b. congestive heart failure
   c. lung cancer
   d. diabetes
Answer: A  difficulty: 1  factual
Goal 2: Research Methods in Psychology

22. The psychological disorder most commonly associated with stress is
   a. generalized anxiety
   b. panic disorder
   c. major depression
   d. bipolar depression
Answer: C  difficulty: 1  factual
Goal 1: Knowledge Base of Psychology

23. Research shows that people are more likely to experience pain relief from placebo pills if they believe that the pills are
   a. actually pain-relief tablets
   b. very expensive
   c. not related to pain relief
   d. likely to increase pain
Answer: B  difficulty: 2  factual
Goal 2: Research Methods in Psychology

24. Optimists tend to see bad events as resulting from causes that are
   a. external, temporary, and catastrophic
   b. internal, permanent, and surmountable
   c. external, permanent, and catastrophic
   d. external, temporary, and surmountable
Answer: D  difficulty: 2  conceptual
Goal 1: Knowledge Base of Psychology

25. Religious affiliation as a coping strategy for stress is most related to which other coping strategy listed below?
   a. social support
   b. optimistic style
   c. owning a pet
   d. aerobic exercise
Answer: A  difficulty: 1  factual
Goal 1: Knowledge Base of Psychology