Chapter Test
1. If one were to settle on a single description of consciousness it would most likely include:
   a. “a universal aspect of life on earth”
   b. “every person’s universal experience of feelings”
   c. “a unique phenomenon confined to the human mind”
   d. “each person’s unique subjective experience in the world”
   Answer: D difficulty: 2 conceptual
   Goal 3: Critical Thinking Skills in Psychology

2. It is said that consciousness cannot exist independent of its “owner,” which means that it
   a. is subjective
   b. can be derived from objective experience
   c. exists without external stimulation
   d. is innate
   Answer: A difficulty: 1 conceptual
   Goal 1: Knowledge Base of Psychology

3. Which of the following is a difficulty identified by the “hard problem” of consciousness?
   a. The mind evolved from the primitive brains of Neanderthals.
   b. The brain integrates sensations from different sensory modalities.
   c. The brain’s processes lead to a subjective conscious state.
   d. The brain and the mind are distinctively different.
   Answer: C difficulty: 3 conceptual
   Goal 3: Critical Thinking Skills in Psychology

4. Which of the following is NOT considered an altered state of consciousness (ASC)?
   a. dreaming
   b. divided attention
   c. hypnosis
   d. meditation
   Answer: B difficulty: 1 factual
   Goal 1: Knowledge Base of Psychology

5. Current statistics reveal that African-American females sleep about
   a. 6 to 7 hours a night
   b. 8 to 10 hours a night
   c. 5 to 6 hours a night
   d. 3 to 4 hours a night
   Answer: C difficulty: 3 factual
   Goal 4: Application of Psychology

6. The circadian pacemaker of the body is located in this brain region.
   a. hippocampus
b. hypothalamus  
c. insula  
d. nucleus accumbens  
Answer: B  

difficulty: 2  
factual  

Goal 1: Knowledge Base of Psychology

7. Melatonin is produced by this gland, and it is stimulated during periods of darkness and inhibited by exposure to light.
   a. adrenal  
b. cortisol  
c. pineal  
d. progesterone  
Answer: C  

difficulty: 1  
factual  

Goal 1: Knowledge Base of Psychology

8. EEG studies of REM sleep have revealed which of the following?
   a. an increase in the incidence of sleepwalking  
b. an increase of activity throughout the brain and nervous system  
c. a decrease in activity in the pons region of the brain  
d. the urge to act out one’s dreams  
Answer: B  

difficulty: 2  
factual  

Goal 1: Knowledge Base of Psychology

9. Stage 2 sleep lasts only about 10 to 20 minutes and is characterized by these sudden, short bursts of higher voltage brain activity.
   a. k-complexes  
b. hypnogogia  
c. REM dreams  
d. sleep spindles  
Answer: D  

difficulty: 2  
factual  

Goal 1: Knowledge Base of Psychology

10. Apex dreaming occurs mainly during this part of the sleep cycle.
   a. NREM  
b. REM  
c. Stage 3  
d. Stage 2  
Answer: B  

difficulty: 1  
factual  

Goal 1: Knowledge Base of Psychology

11. The unemotional and nonhallucinatory types of dreams that occur during NREM can be called
   a. sleepwalking  
b. sleep thinking  
c. ordinary dreaming  
d. sleep mentation
12. Which of the following describes the most likely scenario regarding a young adult’s dreaming experience?
a. Julia is having reoccurring nightmares about an abusive sexual encounter with an ex-boyfriend.
b. When Adam recalls his dreams, they tend to involve some sexual experience with a woman.
c. Last night Denise dreamt that she arrived at class but had forgotten her calculator and therefore could not take her exam.
d. A week ago Ralph told a friend of his that he has been dreaming about his own death.
Answer: C  difficulty: 3  conceptual

13. The percentage of American adults that experience at least one symptom of a sleep problem any given week is about
a. 65%
b. 75%
c. 35%
d. 70%
Answer: B  difficulty: 1  factual

14. If you are having trouble falling asleep, staying asleep, or generally getting a restful sleep most nights, you probably are suffering from
a. narcolepsy
b. parasomnia
c. insomnia
d. sleep apnea
Answer: C  difficulty: 1  factual

15. When the airways are constricted in people with this sleep disorder, they often awaken hundreds of times during the night without fully becoming aroused.
a. narcolepsy
b. obstructive sleep apnea
c. REM sleep behavior disorder
d. insomnia
Answer: B  difficulty: 1  factual

16. According to this view of hypnosis, immersing one’s hand in ice water for a prolonged period yet feeling no pain is evidence that hypnosis is an altered state of consciousness.
a. special state
b. nonstate
c. imagination
d. magical thinking
Answer: A
difficulty: 2 conceptual

Goal 3: Critical Thinking Skills in Psychology

17. Which of the following best characterizes the open meditation practices used in Zen meditation?
a. A person focuses attention on one particular part of the body.
b. A person focuses attention on a particular source of sound.
c. A person allows all possible scenarios to be imagined, including death.
d. A person allows awareness of anything to enter consciousness.
Answer: D
difficulty: 3 conceptual

Goal 3: Critical Thinking Skills in Psychology

18. Which of the following is true of research on brain differences between meditators and nonmeditators?
a. Meditation causes structural brain changes in all first-time practices.
b. The benefits of meditation are mainly that it leads to increased production of endorphins.
c. The association between meditation and changes in brain activity can be demonstrated, but only as a correlation.
d. Most research illustrates that consciousness changes very little during meditation.
Answer: C
difficulty: 3 conceptual

Goal 3: Critical Thinking Skills in Psychology

19. Any substance with properties that affect mental life or consciousness is called a(n):
a. illicit drug
b. psychedelic drug
c. psychoactive drug
d. psychiatric drug
Answer: C
difficulty: 1 factual

Goal 1: Knowledge Base of Psychology

20. Most modern researchers and practitioners prefer to use this word instead of the word addiction:
a. tolerance
b. dependence
c. withdrawal
d. craving
Answer: B
difficulty: 1 factual

Goal 1: Knowledge Base of Psychology

21. Morphine is one of the most powerful and effective members of this class of drugs.
a. alkaloids
b. stimulants
c. NSAIDs
d. narcotics
Answer: D difficulty: 2 factual

Goal 1: Knowledge Base of Psychology

22. Compared to cocaine use, when using amphetamines
a. the highs are longer lasting
b. the withdrawal is more psychological than physical
c. the experience is less likely to result in euphoria
d. the increased energy lasts about 15 minutes
Answer: C difficulty: 2 factual

Goal 4: Application of Psychology

23. More users who try this stimulant ultimately become dependent upon it than any other drug, including heroin and cocaine.
a. amphetamine
b. nicotine
c. caffeine
d. methamphetamine
Answer: B difficulty: 2 factual

Goal 4: Application of Psychology

24. All of the drugs called psychedelics are similar in that
a. the potential for dependence on these drugs is exceptionally low
b. the psychological effects are invariant from one person to the next
c. use of the drugs is much more common in an urban cultural setting
d. the experience of using has many psychological benefits
Answer: A difficulty: 3 conceptual

Goal 3: Critical Thinking Skills in Psychology

25. Which of the following statements about Ecstasy is NOT supported by research?
a. Most of the risks of Ecstasy use appear to result from extremely heavy use.
b. Ecstasy has not been proven to cause brain damage in humans.
c. There have been very few deaths reliably attributed to Ecstasy taken alone.
d. Ecstasy is the safest drug to be taken along with alcohol.
Answer: D difficulty: 2 conceptual

Goal 3: Critical Thinking Skills in Psychology