

✓ Chapter 3

1. The school of thought in psychology that systematically turned away from the study of consciousness during the first half of the last century was
 - A. behaviorism.
 - B. psychoanalysis.
 - C. humanistic psychology.
 - D. evolutionary psychology.

Answer: A

2. Since 1960, psychology has regained an interest in consciousness as psychologists of all persuasions affirmed the importance of
 - A. circadian rhythms.
 - B. choice blindness.
 - C. neuroadaptation.
 - D. cognition.

Answer: D

3. Consciousness is
 - A. the ability to solve problems, reason, and remember.
 - B. the process of organizing and interpreting sensory information.
 - C. effortless encoding of incidental information into memory.
 - D. our awareness of ourselves and our environment.

Answer: D

4. Which specialty area would be most interested in identifying the cortical activation patterns associated with a person's perception of different objects?
 - A. evolutionary psychology
 - B. cognitive neuroscience
 - C. behavior genetics
 - D. behaviorism

Answer: B

5. The simultaneous processing of information at both conscious and unconscious levels is called
 - A. the cocktail party effect.
 - B. the pop-out phenomenon.
 - C. dual processing.
 - D. neuroadaptation.

Answer: C

6. The ability to simultaneously monitor the shape as well as the color of an object best illustrates the value of
- A. the pop-out phenomenon.
 - B. dissociation.
 - C. dual processing.
 - D. conscious awareness.

Answer: C

7. Shown the hollow face illusion, people will mistakenly perceive the inside of a mask as a protruding face. Yet, they will accurately reach into the inverted mask to flick off a buglike target stuck on the face. This best illustrates the capacity for
- A. neuroadaptation.
 - B. change blindness.
 - C. dual processing.
 - D. hypnagogic sensations.

Answer: C

8. Although we may be unaware of our gender prejudices, they often influence the way we consciously perceive males and females. This best illustrates
- A. the hollow face illusion.
 - B. dual processing.
 - C. the pop-out phenomenon.
 - D. the cocktail party effect.

Answer: B

9. Consciousness is to unconsciousness as _____ is to _____.
- A. tolerance; withdrawal
 - B. serial processing; parallel processing
 - C. latent content; manifest content
 - D. delta wave; alpha wave

Answer: B

10. Compared to unconscious information processing, conscious information processing is relatively
- A. fast and especially effective for solving new problems.
 - B. slow and especially effective for solving new problems.
 - C. fast and especially effective for solving routine problems.
 - D. slow and especially effective for solving routine problems.

Answer: B

11. Our inability to consciously process all the sensory information available to us at any single point in time best illustrates the necessity of
- A. circadian rhythms.
 - B. selective attention.

- C. REM rebound.
- D. hypnagogic sensations.

Answer: B

12. While reading a novel, Raoul isn't easily distracted by the sounds of the TV or even by his brothers' loud arguments. This best illustrates
- A. latent content.
 - B. neuroadaptation.
 - C. choice blindness.
 - D. selective attention.

Answer: D

13. The cocktail party effect provides an example of
- A. neuroadaptation.
 - B. REM rebound.
 - C. selective attention.
 - D. circadian rhythms.

Answer: C

14. A bank teller was so distracted by the sight of a bank robber's weapon that she failed to perceive important features of the criminal's physical appearance. This best illustrates
- A. dissociation.
 - B. change blindness.
 - C. selective attention.
 - D. a near-death experience.

Answer: C

15. One naturalistic observation of pedestrians found that half the people on cellphones exhibit unsafe road crossing. This illustrates the impact of
- A. age regression.
 - B. selective attention.
 - C. REM rebound.
 - D. choice blindness.

Answer: B

16. In one experiment, most of the participants who viewed a videotape of men tossing a basketball remained unaware of an umbrella-toting woman sauntering across the screen. This illustrated
- A. REM rebound.
 - B. inattentional blindness.
 - C. dissociation.
 - D. latent content.

Answer: B

17. While a man provided directions to a construction worker, two experimenters rudely interrupted by passing between them carrying a door. The student's failure to notice that the construction worker was replaced by a different person during this interruption illustrates

- A. dissociation.
- B. hypnagogic sensations.
- C. neuroadaptation.
- D. change blindness.

Answer: D

18. Christy failed to notice that she received her ice cream in a sugar cone rather than a waffle cone as she had requested. She later indicated to another customer that she preferred sugar cones over waffle cones. Christy's behavior most clearly illustrates

- A. age regression.
- B. neuroadaptation.
- C. choice blindness.
- D. the pop-out phenomenon.

Answer: C

19. The pop-out phenomenon illustrates that some stimuli almost inevitably

trigger

- A. narcolepsy.
- B. neuroadaptation.
- C. selective attention.
- D. hypnagogic sensations.

Answer: C

20. Circadian rhythm refers to

- A. the pattern of emotional ups and downs we routinely experience.
- B. a pattern of biological functioning that occurs on a roughly 24hour cycle.
- C. the experience of sleep apnea following an extensive transoceanic flight.
- D. the cycle of five distinct stages that we experience during a normal night's sleep.

Answer: B

21. With the approach of night, our body temperatures begin to drop. This best illustrates the dynamics of the

- A. hypnagogic state.
- B. circadian rhythm.
- C. alpha wave pattern.
- D. REM rebound.

Answer: B

22. The circadian rhythm is influenced by light-sensitive retinal proteins that trigger signals to the

- A. suprachiasmatic nucleus.
- B. dopamine reward system.
- C. thyroid gland.
- D. sleep spindles.

Answer: A

23. Exposure to bright light causes the

- A. thyroid gland to increase the production of melatonin.
- B. thyroid gland to decrease the production of melatonin.
- C. pineal gland to increase the production of melatonin.
- D. pineal gland to decrease the production of melatonin.

Answer: D

24. Our inability to fall asleep early, as we had planned, is most likely a reflection of

- A. dissociation.
- B. narcolepsy.
- C. the circadian rhythm.
- D. sleep apnea.

Answer: C

25. After flying from California to New York, Arthur experienced a restless, sleepless night. His problem was most likely caused by a disruption of his normal
- A. change blindness.
 - B. circadian rhythm.
 - C. hypnagogic sensations.
 - D. alpha wave patterns.

Answer: B

26. Fast and jerky movements of the eyes are especially likely to be associated with
- A. sleep spindles.
 - B. dissociation.
 - C. REM sleep.
 - D. sleep apnea.

Answer: C

27. Jordanna has decided to go to bed early. Although her eyes are closed and she's very relaxed, she has not yet fallen asleep. An electroencephalograph is most likely to indicate the presence of
- A. delta waves.
 - B. alpha waves.
 - C. sleep spindles.
 - D. rapid eye movements.

Answer: B

28. A periodic, natural, reversible loss of consciousness that involves five distinct stages is known as
- A. the circadian rhythm.
 - B. narcolepsy.
 - C. dissociation.
 - D. sleep.

Answer: D

29. Sensory experiences that occur without a sensory stimulus are called
- A. night terrors.
 - B. neuroadaptations.
 - C. dissociations.
 - D. hallucinations.

Answer: D

30. Hypnagogic sensations are most closely associated with _____ sleep.
- A. Stage 1
 - B. Stage 2

- C. Stage 3
- D. Stage 4

Answer: A

31. The rhythmic bursts of brain activity that occur during Stage 2 sleep are called
- A. alpha waves.
 - B. circadian rhythms.
 - C. sleep spindles.
 - D. delta waves.

Answer: C

32. Bed-wetting is most likely to occur at the end of _____ sleep.
- A. Stage 1
 - B. Stage 2
 - C. slow-wave
 - D. paradoxical

Answer: C

33. At 1:00 A.M., Luis gets out of bed and begins to sleepwalk. An EEG of his brain activity is most likely to indicate the presence of
- A. alpha waves.
 - B. sleep spindles.
 - C. REM sleep.
 - D. delta waves.

Answer: D

34. During the course of a full night's sleep, people are most likely to spend more time in
- A. Stage 4 sleep than in Stage 2 sleep.
 - B. REM sleep than in Stage 4 sleep.
 - C. Stage 3 sleep than in REM sleep.

D. REM sleep than in Stage 2 sleep.

Answer: B

35. At 3 o'clock in the morning, John has already slept for 4 hours. As long as his sleep continues, we can expect an increasing occurrence of

- A.** hypnagogic sensations.
- B.** muscle tension.
- C.** REM sleep.
- D.** Stage 4 sleep.

Answer: C

36. The brain waves associated with REM sleep are most similar to those of

- A.** Stage 1 sleep.
- B.** Stage 2 sleep.
- C.** Stage 3 sleep.
- D.** Stage 4 sleep.

Answer: A

37. Genital arousal is most likely to be associated with

- A.** sleep apnea.
- B.** REM sleep.
- C.** Stage 4 sleep.
- D.** sleep spindles.

Answer: B

38. REM sleep is called paradoxical sleep because

- A.** our heart rate is slow and steady, while our breathing is highly irregular.
- B.** we are deeply asleep but can be awakened easily.
- C.** our nervous system is highly active, while our voluntary muscles hardly move.
- D.** it leads to highly imaginative dreams that are perceived as colorless images.

Answer: C

39. After sleeping for about an hour and a half, José enters a phase of paradoxical sleep. He is likely to
- A. be easily awakened.
 - B. have slower, more regular breathing.
 - C. have slower brain waves.
 - D. have very relaxed muscles.

Answer: D

40. Three hours after going to sleep, Shoshanna's heart rate increases, her breathing becomes more rapid, and her eyes move rapidly under her closed lids. Research suggests that Shoshanna is
- A. dreaming.
 - B. ready to sleepwalk.
 - C. exhibiting a sleep spindle.
 - D. experiencing a night terror.

Answer: A

41. Forty-year-old Lance insists that he never dreams. Research suggests that he probably
- A. would report a vivid dream if he were awakened during REM sleep.
 - B. dreams during Stage 4 rather than during REM sleep.
 - C. experiences more Stage 4 sleep than most people.
 - D. passes through the sleep cycle much more rapidly than most people.

Answer: A

42. The human sleep cycle repeats itself about every
- A. 30 minutes.
 - B. 90 minutes.
 - C. 2 1/2 hours.
 - D. 4 hours.

Answer: B

43. Research on sleep patterns indicates that
- A. older adults and newborns have very similar sleep patterns.
 - B. different sleep patterns reflect differences in latent dream content.
 - C. everyone needs a minimum of 8 hours of sleep per night to function well.
 - D. sleep patterns may be genetically influenced.

Answer: D

44. Chronic sleep deprivation is likely to
- A. promote obesity and facilitate memory.
 - B. inhibit obesity and impair memory.
 - C. promote obesity and impair memory.

D. inhibit obesity and facilitate memory.

Answer: C

45. Sleep deprivation _____ the production of body fat by _____ levels of the stress hormone cortisol.

- A. stimulates; increasing
- B. inhibits; increasing
- C. stimulates; decreasing
- D. inhibits; decreasing

Answer: A

46. Sleep deprivation has been shown to

- A. increase attentiveness to highly motivating tasks.
- B. reduce hypertension.
- C. diminish immunity to disease.
- D. decrease narcolepsy.

Answer: C

47. Traffic accident rates have been found to _____ after the spring change to daylight savings time and to _____ after the fall change back to standard time.

- A. increase; increase
- B. decrease; decrease
- C. increase; decrease
- D. decrease; increase

Answer: C

48. Bats need a lot of sleep because their high waking metabolism produces _____ that are toxic to neurons.

- A. amphetamines
- B. hypnagogic sensations
- C. free radicals
- D. alpha waves

Answer: C

49. The pituitary gland releases a growth hormone during

- A. Stage 2 sleep.
- B. Stage 1 sleep.
- C. slow-wave sleep.
- D. paradoxical sleep.

Answer: C

50. Compared to when they were only 20 years old, 60-year-olds

- A. spend less time in deep sleep.

- B. spend less time in Stage 1 sleep.
- C. spend more time in paradoxical sleep.
- D. complete the sleep cycle more slowly.

Answer: A

51. REM sleep is

- A. inhibited by alcohol and inhibited by sleeping pills.
- B. facilitated by alcohol and inhibited by sleeping pills.
- C. inhibited by alcohol and facilitated by sleeping pills.
- D. facilitated by alcohol and facilitated by sleeping pills.

Answer: A

52. Which of the following is bad advice for a person trying to overcome insomnia?

- A. Drink a glass of milk 15 minutes before bedtime.
- B. Avoid taking short naps during the day.
- C. Drink a glass of wine 15 minutes before bedtime.
- D. Don't engage in strenuous physical exercise just before bedtime.

Answer: C

53. Which of the following is the best advice for a person concerned about occasional insomnia?

- A. Relax and drink a glass of milk before bedtime.
- B. Eat a big dinner late in the evening so you'll feel drowsy at bedtime.
- C. Relax with a drink of your favorite alcoholic beverage just before bedtime.
- D. Engage in some form of vigorous physical exercise shortly before bedtime.

Answer: A

54. Narcolepsy is a disorder involving

- A. the temporary cessation of breathing during sleep.
- B. sudden uncontrollable seizures.
- C. periodic uncontrollable attacks of overwhelming sleepiness.
- D. difficulty falling and staying asleep.

Answer: C

55. During a heated argument with his teenage daughter, Mr. Reid suddenly lapsed into a state of REM sleep. Mr. Reid apparently suffers from

- A. narcolepsy.
- B. insomnia.
- C. sleep apnea.
- D. REM rebound.

Answer: A

56. The absence of a hypothalamic neural center that produces orexin has been linked to

- A. insomnia.
- B. sleep apnea.
- C. narcolepsy.
- D. night terrors.

Answer: C

57. Which of the following disorders is characterized by the temporary cessations of breathing while asleep?

- A. narcolepsy
- B. sleep apnea
- C. night terrors
- D. insomnia

Answer: B

58. Mr. Oates always sleeps restlessly, snorting and gasping throughout the night. It is most likely that Mr. Oates suffers from

- A. sleep apnea.
- B. narcolepsy.
- C. night terrors.
- D. insomnia.

Answer: A

59. An air pump that keeps the sleeper's airway open and breathing regular is often prescribed for serious cases of

- A. narcolepsy.
- B. insomnia.
- C. sleep apnea.
- D. night terrors.

Answer: C

60. Night terrors typically occur

- A. among older adults.
- B. during REM sleep.
- C. following sleep apnea.
- D. within three hours of falling asleep.

Answer: D

61. Nightmares are to _____ as night terrors are to _____.

- A. REM sleep; Stage 4 sleep
- B. delta waves; alpha waves
- C. Stage 4 sleep; Stage 1 sleep
- D. Stage 1 sleep; REM sleep

Answer: A

62. Compared to adults, children are

- A. more likely to experience night terrors and less likely to experience sleepwalking.
- B. less likely to experience night terrors and more likely to experience sleepwalking.
- C. less likely to experience night terrors and less likely to experience sleepwalking.
- D. more likely to experience night terrors and more likely to experience sleepwalking.

Answer: D

63. Research studies of the content of dreams indicate that

- A. men are less likely than women to report dreams with sexual overtones.
- B. the genital arousal that occurs during sleep is typically related to sexual dreams.
- C. people are more likely to dream of failure than of success.
- D. most dreams are pleasant, exotic, and unrelated to ordinary daily life.

Answer: C

64. As Inge recalled her dream, she was dancing with a tall, dark, and handsome gentleman when suddenly the music shifted to loud rock and the man disappeared. According to Freud, Inge's account represents the _____ content of her dream.

- A. paradoxical
- B. manifest
- C. latent
- D. hypnagogic

Answer: B

65. While soundly asleep people cannot

- A. talk and dream at the same time.
- B. incorporate environmental changes into the content of their dreams.
- C. learn tape-recorded messages to which they are repeatedly exposed.
- D. do any of these things.

Answer: C

66. Brain regions that buzz with activity as people learn to perform a visual-discrimination task are especially likely to buzz again later as they experience

- A. hypnagogic sensations.
- B. neuroadaptation.
- C. sleep apnea.
- D. REM sleep.

Answer: D

67. According to Freud, the latent content of a dream refers to

- A. its accompanying brain-wave pattern.

- B. the previous day's events that prompted the dream.
- C. the sensory stimuli in the sleeping environment that are incorporated into the dream.
- D. its underlying but censored meaning.

Answer: D

68. Greg remembered a recent dream in which his girlfriend suddenly grabbed the wheel of his speeding car. Greg's therapist suggested that the dream might be a representation of the girlfriend's efforts to avoid sexual intimacy. According to Freud, the therapist was attempting to reveal the _____ of Greg's dream.
- A. neuroadaptation
 - B. circadian rhythm
 - C. latent content
 - D. manifest content

Answer: C

69. According to Freud, the dreams of adults can be traced back to
- A. erotic wishes.
 - B. stressful life events.
 - C. physiological needs for brain stimulation.
 - D. random bursts of neural activity.

Answer: A

70. Evidence suggests that we consolidate our memories of recent life events through
- A. dissociation.
 - B. neuroadaptation.
 - C. hypnagogic sensations.
 - D. REM sleep.

Answer: D

71. Research indicates that the percentage of total sleep spent in REM sleep is higher in _____ than in _____.
- A. artists; scientists
 - B. infants; adults
 - C. females; males
 - D. older adults; adolescents

Answer: B

72. Which theory suggests that dreams are mental responses to random bursts of neural stimulation?
- A. dissociation theory
 - B. social influence theory
 - C. activation-synthesis theory
 - D. Freud's dream theory

Answer: C

73. Dreams often involve sudden emotional reactions and surprising changes in scene. This best serves to support the theory that dreams
- A. strengthen our memories of the preceding day's events.
 - B. reflect one's level of cognitive development.
 - C. prepare us for the stress and challenges of the following day.
 - D. are triggered by random bursts of neural activity.

Answer: D

74. Prior to age 9, children's dreams seem more like a slide show and less like an active story in which the dreamer is an actor. This best illustrates that the content of dreams reflects children's
- A. latent content.
 - B. change blindness.
 - C. night terrors.
 - D. cognitive development.

Answer: D

75. REM rebound involves the
- A. tendency for REM sleep periods to become increasingly longer and more frequent as a normal night of sleep progresses.
 - B. increase in REM sleep that characteristically follows intense learning episodes or stressful daytime experiences.
 - C. unusual symptoms of tiredness and irritability that follow periods of REM sleep deprivation.
 - D. tendency for REM sleep to increase following REM sleep deprivation.

Answer: D

76. The best indication that dreaming serves a necessary biological function is provided by the fact that
- A. most dreams are psychologically meaningless.
 - B. the disruption of REM sleep leads to narcolepsy.
 - C. most mammals experience REM rebound.
 - D. sexual tension is naturally discharged during REM sleep.

Answer: C

77. Hypnosis involves a state of
- A. increased physical stamina.
 - B. heightened openness to suggestion.
 - C. improved perceptual skills.
 - D. elevated autonomic arousal.

Answer: B

78. Research on susceptibility to hypnosis indicates that
- A. very few people can actually be hypnotized.
 - B. people who are most easily hypnotized usually have difficulty paying attention to their own personal

thoughts and feelings.

- C. how well a person responds to hypnotic suggestion depends primarily on the skill and experience of the hypnotist.
- D. people who are highly responsive to hypnotic suggestion tend to become absorbed in the imaginary events of a novel or a movie.

Answer: D

79. A stage hypnotist can best increase the hypnotizability of select audience members by first providing them with a
- A. memory quiz that encourages them to recall their own early life experiences.
 - B. strong expectation that they will be hypnotically responsive.
 - C. caffeinated beverage that temporarily boosts mental alertness.
 - D. simple promise that they will not be publicly humiliated.

Answer: B

80. Researchers are most likely to question the value of hypnosis for
- A. reducing fear.
 - B. enhancing memory.
 - C. relieving pain.
 - D. facilitating relaxation.

Answer: B

81. Twenty-eight-year-old Theodore has an irrational fear of dogs. His therapist hypnotizes him and asks him to mentally relive his earliest childhood experience with a dog. The therapist is making use of
- A. hypnagogic sensations.
 - B. age regression.
 - C. REM rebound.
 - D. temporal dissociation.

Answer: B

82. In one study, both hypnotized and un hypnotized subjects were told to throw acid in a researcher's face. In this experiment, hypnotized people
- A. usually refused to engage in antisocial behavior.
 - B. behaved in the same fashion as un hypnotized individuals.
 - C. were easily influenced to act against their own will.
 - D. experienced much more anxiety than un hypnotized individuals.

Answer: B

83. Just prior to awakening Chinua from a hypnotic state, the therapist told him that during the next few days he would feel nauseous whenever he reached for a cigarette. Chinua's therapist was attempting to make use of
- A. age regression.
 - B. posthypnotic suggestion.
 - C. hypnagogic sensations.

D. REM rebound.

Answer: B

84. People can be hypnotically induced to

- A.** surpass their normal waking levels of physical strength and stamina.
- B.** perform dangerous acts that they would not perform in a normal state.
- C.** recall correctly almost anything that has ever happened to them.
- D.** report little pain from placing their arms in an ice bath.

Answer: D

85. The claim that hypnotic phenomena are regulated by normal conscious processes is associated with the theory that hypnosis reflects the power of

- A.** parallel processing.
- B.** dissociation.
- C.** neuroadaptation.
- D.** social influence.

Answer: D

86. Orne and Evans discovered that un hypnotized subjects performed the same dangerous acts as hypnotized subjects. This finding is most consistent with the theory that hypnosis involves

- A.** age regression.
- B.** dissociation.
- C.** neuroadaptation.
- D.** conscious role-playing.

Answer: D

87. Hypnotized people who have been age regressed are no more genuinely childlike than un hypnotized people who pretend to act in a childlike behavior. This fact most clearly supports

- A.** Freud's dream theory.
- B.** social influence theory.
- C.** the activation-synthesis theory.
- D.** dissociation theory.

Answer: B

88. A split in consciousness in which some thoughts occur simultaneously with and yet separately from other thoughts is called

- A.** narcolepsy.
- B.** dissociation.
- C.** paradoxical sleep.
- D.** posthypnotic suggestion.

Answer: B

89. The claim that hypnotic phenomena occur outside our normal awareness is associated with the theory that hypnosis involves

- A. serial processing.
- B. dissociation.
- C. neuroadaptation.
- D. role-playing.

Answer: B

90. If highly hypnotizable people are no better than others at simultaneously reading a book and listening to music, this would most clearly challenge

- A. dissociation theory.
- B. the activation-synthesis theory.
- C. Freud's dream theory.
- D. social influence theory.

Answer: A

91. The divided-consciousness theory of hypnosis receives support from evidence that

- A. hypnosis can block sensory input.
- B. hypnosis can affect voluntary but not involuntary behaviors.
- C. hypnotized people are simply playing the role of “good hypnotic subjects.”
- D. hypnotized people can endure pain without experiencing emotional distress.

Answer: D

92. One plausible theory suggests that hypnosis relieves pain by

- A. distracting attention.
- B. blocking sensory input.
- C. speeding up the circadian rhythm.
- D. eliciting delta waves characteristic of deep sleep.

Answer: A

93. Understanding hypnosis in terms of focused attention, distinctive brain activity, and the presence of an authoritative presence in a legitimate context, requires an integrated _____ approach.

- A. serial processing
- B. activation-synthesis
- C. biopsychosocial
- D. neuroadaptation

Answer: C

94. Chemical substances that alter perceptions and moods are called _____ drugs.

- A. neuroadaptive
- B. narcoleptic
- psychoactive

- C.
- D. hypnagogic

Answer: C

95. The need to take larger and larger doses of a drug in order to experience its effects is an indication of
- A. withdrawal.
 - B. dissociation.
 - C. tolerance.
 - D. narcolepsy.

Answer: C

96. The change in brain chemistry that offsets the effects of a psychoactive drug is called
- A. narcolepsy.
 - B. dissociation.
 - C. disinhibition.
 - D. neuroadaptation.

Answer: D

97. The discomfort and distress that follow the discontinued use of certain drugs is called
- A. narcolepsy.
 - B. withdrawal.
 - C. REM rebound.
 - D. dissociation.

Answer: B

98. When Celeste was unable to obtain her regular supply of heroin, she began to develop pain and an intense craving for the drug. Celeste was experiencing symptoms of
- A. tolerance.
 - B. dissociation.
 - C. narcolepsy.
 - D. withdrawal.

Answer: D

99. Smokers with _____ levels of nicotine tolerance are likely to suffer the most severe withdrawal symptoms when they discontinue smoking.
- A. high
 - B. moderate
 - C. low
 - D. high or low

Answer: A

100. Physical pain and intense cravings indicate

- A. age regression.
- B. dissociation.
- C. physical dependence.
- D. REM rebound.

Answer: C

- 101.** Although Max never experiences caffeine withdrawal symptoms, he feels that he needs coffee every morning as part of his daily routine. Max best illustrates
- A. narcolepsy.
 - B. REM rebound.
 - C. psychological dependence.
 - D. the pop-out phenomenon

Answer: C

- 102.** Compulsive craving for and use of a drug is an indication of
- A. dissociation.
 - B. narcolepsy.
 - C. addiction.
 - D. hypnagogic sensations.

Answer: C

- 103.** Research on the use of addictive drugs indicates that
- A. an occasional cigarette smoker almost always becomes a heavy smoker.
 - B. regular marijuana smokers typically experience an irresistible craving for THC.
 - C. many people are able to stop using addictive drugs without professional help.
 - D. individuals who receive morphine from physicians for pain relief usually develop the irresistible cravings of an addict.

Answer: C

- 104.** The greatest danger of viewing drug addiction as a disease is that this may lead drug addicts to
- A. feel increased feelings of shame.
 - B. hide the drug abuse from public view.
 - C. feel powerless to overcome the addiction.
 - D. become victims of social hostility and prejudice.

Answer: C

- 105.** Psychoactive drugs influence neurotransmission by stimulating, mimicking, or _____ the activity of neurotransmitters.
- A. synthesizing
 - B. inhibiting
 - C. dissociating
 - D. serially processing

Answer: B

106. In large doses, alcohol is a _____; in small amounts, it is a _____.
- A. depressant; stimulant
 - B. stimulant; depressant
 - C. stimulant; stimulant
 - D. depressant; depressant

Answer: D

107. The reckless aggressive behavior that may follow alcohol consumption best illustrates that alcohol may act as a(n)
- A. methamphetamine.
 - B. disinhibitor.
 - C. hallucinogen.
 - D. stimulant.

Answer: B

108. Under the influence of alcohol, angered people are _____ likely to be aggressive than they would otherwise be and restaurant patrons are _____ likely to tip generously than they otherwise would.
- A. more; more
 - B. less; less
 - C. more; less
 - D. less; more

Answer: A

109. After a stressful day at the office, Arthur has five or six drinks at a local bar before going home for dinner. Research suggests that Arthur's heavy drinking will have the most adverse effect on his ability to remember
- A. at the time he is drinking the names of the people he has just met.
 - B. the next day the names of the people he talked to and what he said while drinking.
 - C. at the time he is drinking the name of his employer and his own home address.
 - D. the next day the names of the business associates he talked to before going to the bar.

Answer: B

110. By decreasing REM sleep, alcohol consumption disrupts the processing of recent experiences into long-term memory. This disruptions occurs because REM sleep
- A. By decreasing REM sleep, alcohol consumption disrupts the processing of recent experiences into long-term memory. This disruptions occurs because REM sleep
 - B. triggers the release of melatonin.
 - C. enhances metabolic and hormonal functioning.
 - D. relaxes muscles while other body systems are active.

Answer: A

111. Prolonged and excessive drinking can shrink the brain most intensely in _____ who have _____ of a

stomach enzyme that digests alcohol.

- A. men; more
- B. women; more
- C. men; less
- D. women; less

Answer: D

112. Alcohol consumption tends to

- A. decrease self-awareness and increase impulse control.
- B. increase self-awareness and decrease impulse control.
- C. increase self-awareness and increase impulse control.
- D. decrease self-awareness and decrease impulse control.

Answer: D

113. University men were shown an erotic movie clip. Compared with those who thought they had recently consumed a nonalcoholic beverage, men who believed they had recently consumed an alcoholic beverage were

- A. more likely to report having strong sexual fantasies and more likely to report having feelings of guilt.
- B. less likely to report having strong sexual fantasies and less likely to report having feelings of guilt.
- C. less likely to report having strong sexual fantasies and more likely to report having feelings of guilt.
- D. more likely to report having strong sexual fantasies and less likely to report having feelings of guilt.

Answer: D

114. Sexually aroused women who have been drinking alcohol become _____ disposed to casual sex. Sexually aroused men who have been drinking become _____ disposed to sexual aggression.

- A. less; more
- B. more; less
- C. less; less
- D. more; more

Answer: D

115. Which drugs are most likely to be prescribed as tranquilizers?

- A. amphetamines
- B. barbiturates
- C. hallucinogens
- D. opiates

Answer: B

116. The use of barbiturates _____ anxiety and _____ nervous system activity.

- A. increases; decreases
- B. decreases; increases
- C. decreases; decreases

D. increases; increases

Answer: C

117. Morphine and heroin are

- A. amphetamines.
- B. opiates.
- C. hallucinogens.
- D. barbiturates.

Answer: B

118. Repeated use of an opiate

- A. decreases the brain's production of endorphins.
- B. increases heart and breathing rates.
- C. is not associated with any serious withdrawal symptoms.
- D. triggers auditory as well as visual hallucinations.

Answer: A

119. Amphetamines are to _____ as barbiturates are to _____.

- A. hallucinogens; depressants
- B. stimulants; depressants
- C. hallucinogens; stimulants
- D. stimulants; hallucinogens

Answer: B

120. François was dismayed to discover that some of his football teammates were using drugs to enhance their footwork and endurance on the playing field. Which of the following drugs were the players most likely using?

- A. morphine derivatives
- B. marijuana
- C. amphetamines
- D. barbiturates

Answer: C

121. Amphetamines _____ appetite and _____ self-confidence.

- A. decrease; increase
- B. increase; decrease
- C. increase; increase
- D. decrease; decrease

Answer: A

122. When cocaine is injected or smoked, it produces a rush of euphoria that lasts 15 to 30 minutes. But the stimulant drug _____ can trigger 8 hours or so of heightened energy and euphoria.

- A. LSD

- B. heroin
- C. Amytal
- D. methamphetamine

Answer: D

123. The British government classifies the highly addictive crystallized form of _____ as one of the most dangerous of drugs.

- A. THC
- B. melatonin
- C. cortisol
- D. methamphetamine

Answer: D

124. Which of the following psychoactive drugs is most likely to impair people's ability to sleep?

- A. alcohol
- B. marijuana
- C. caffeine
- D. heroin

Answer: C

125. Young teens are most likely to start smoking in order to

- A. gain social acceptance.
- B. trigger the release of lymphocytes.
- C. reduce their mental alertness.
- D. reduce their blood pressure.

Answer: A

126. By triggering the release of epinephrine and norepinephrine, _____ boosts alertness and diminishes appetite.

- A. alcohol
- B. heroin
- C. nicotine
- D. ghrelin

Answer: C

127. Which of the following is a common symptom of nicotine withdrawal?

- A. anxiety
- B. drowsiness
- C. diminished appetite
- D. insensitivity to pain

Answer: A

128. A rewarding consequence of cigarette smoking is that it reduces

- A. blood pressure and heart rate.
- B. sensitivity to pain.
- C. mental alertness.
- D. the release of epinephrine into the bloodstream.

Answer: B

129. Soon after taking a psychoactive drug, Zachary experienced a diminished appetite, an increased pulse rate, dilated pupils, and feelings of self-confidence and euphoria. Zachary most likely experienced the effects of

- A. heroin.
- B. cocaine.
- C. LSD.
- D. marijuana.

Answer: B

130. When cocaine is snorted, free-based, or injected, it produces a rush of euphoria by

- A. producing hallucinations.
- B. blocking the reuptake of dopamine.
- C. increasing the occurrence of alpha waves.
- D. triggering a state of dissociation.

Answer: B

131. Which of the following is an amphetamine derivative that acts as a mild hallucinogen?

- A. marijuana
- B. Nembutal
- C. Ecstasy
- D. heroin

Answer: C

132. One of the dangers of using Ecstasy at all-night dances is

- A. increased appetite.
- B. dehydration.
- C. lethargy.
- D. pupil constriction.

Answer: B

133. The release of stored serotonin and the eventual damage of serotonin-producing neurons is most closely associated with the long-term use of

- A. alcohol.
- B. Ecstasy.
- C. morphine.

D. barbiturates.

Answer: B

134. Which of the following is a psychedelic drug?

- A. LSD
- B. cocaine
- C. heroin
- D. nicotine

Answer: A

135. After ingesting a small dose of a psychoactive drug, Laqueta experienced vivid visual hallucinations and felt as if she were separated from her own body. Laqueta most likely experienced the effects of

- A. cocaine.
- B. LSD.
- C. heroin.
- D. marijuana.

Answer: B

136. THC, the active ingredient in _____, is classified as a _____.

- A. marijuana; hallucinogen
- B. marijuana; stimulant
- C. cocaine; stimulant
- D. cocaine; hallucinogen

Answer: A

137. Regular users of _____ may achieve a high with smaller amounts of the drug than occasional users.

- A. alcohol
- B. morphine
- C. marijuana
- D. heroin

Answer: C

138. Mrs. Roberts, who suffers from AIDS, has been given an ordinarily illegal drug at the university hospital. Considering her specific medical condition, it is likely that she has received

- A. LSD.
- B. cocaine.
- C. marijuana.
- D. heroin.

Answer: C

139. Symptoms of drug withdrawal are likely to be

- A. most severe among those with low levels of drug tolerance.

- B. most severe among those with moderate levels of drug tolerance.
- C. most severe among those with high levels of drug tolerance.
- D. equally severe among those with low, moderate, or high levels of drug tolerance.

Answer: C

140. Boys who tend to be fearless and impulsive at age 6 are
- A. less likely to smoke and more likely to drink alcohol as teens.
 - B. more likely to smoke and less likely to drink alcohol as teens.
 - C. less likely to smoke and less likely to drink alcohol as teens.
 - D. more likely to smoke and more likely to drink alcohol as teens.

Answer: D

141. One biological basis for addiction involves brain activity in the _____ reward system.
- A. sensory
 - B. dopamine
 - C. motor
 - D. melatonin

Answer: B

142. Females with a history of physical abuse are at _____ risk for substance addiction. Those with a history of eating disorders are at risk for _____ substance addiction.
- A. increased; decreased
 - B. decreased; increased
 - C. increased; increased
 - D. decreased; decreased

Answer: C

143. Sixteen-year-old Bethany is becoming increasingly concerned about her use of marijuana on weekends. To reduce her use of this drug Bethany should
- A. recognize that life is stressful and often beyond control.
 - B. be warned that marijuana interferes with female sexual functioning.
 - C. stop associating with friends who use marijuana.
 - D. recognize that drug use results from her own lack of social skills.

Answer: C

144. U.S. sixth graders _____ their friends' use of marijuana, and university students _____ their fellow students' enthusiasm for alcohol.
- A. underestimate; overestimate
 - B. overestimate; underestimate
 - C. underestimate; underestimate
 - D. overestimate; overestimate

Answer: D

145. Near-death experiences are

- A. typically recalled as very scary and unpleasant.
- B. often accompanied by visions of bright lights.
- C. recalled by nearly all who have been revived from a cardiac arrest.
- D. examples of REM rebound.

Answer: B

146. An altered state of consciousness similar to that of a near-death experience is most likely to result from the use of

- A. heroin.
- B. cocaine.
- C. marijuana.
- D. LSD.

Answer: D

147. Behaviorism encouraged psychologists to ignore the study of

- A. addiction.
- B. consciousness.
- C. socialization.
- D. insomnia.

Answer: B

148. After 1960, the study of consciousness had been revived by psychologists' renewed interest in

- A. behavior genetics.
- B. emotion.
- C. socialization.
- D. mental processes.

Answer: D

149. The interdisciplinary study of brain activity linked with our mental processes is known as

- A. behaviorism
- B. behavior genetics.
- C. cognitive neuroscience.
- D. evolutionary psychology.

Answer: C

150. A large amount of our mental activity occurs outside our awareness thanks to our capacity for

- A. neuroadaptation.
- B. hypnagogic sensations.
- C. REM rebound.

D. dual processing.

Answer: D

151. Brain damage left one woman unable to recognize the width of a block even though she could grasp it with just the right finger-thumb distance. This unusual case illustrates the importance of our normal capacity for

- A. posthypnotic suggestion.
- B. dual processing.
- C. hallucinations.
- D. neuroadaptation.

Answer: B

152. Reacting to visual stimulation that we do not consciously perceive illustrates

- A. dual processing.
- B. the cocktail party effect.
- C. narcolepsy.
- D. the pop-out effect.

Answer: A

153. Unconscious information processing is more likely than conscious processing to

- A. occur slowly.
- B. be limited in capacity.
- C. contribute to effective problem solving.
- D. occur simultaneously on several tracks.

Answer: D

154. Consciousness is most important for the correct performance of behaviors that

- A. depend on information processing.
- B. require physical coordination skills.
- C. have been learned through repeated practice.
- D. are novel and challenging.

Answer: D

155. Parallel processing is to serial processing as the _____ is to the _____.

- A. daydream; sleep dream
- B. sleep dream; daydream
- C. unconscious; conscious
- D. consciousness; unconsciousness

Answer: C

156. You typically fail to consciously perceive that your own nose is in your line of vision. This best illustrates

- A. neuroadaptation.

- B. change blindness.
- C. dissociation.
- D. selective attention.

Answer: D

157. Felix was so preoccupied with his girlfriend's good looks that he failed to perceive any of her less admirable characteristics. This best illustrates the dangers of

- A. neuroadaptation.
- B. selective attention.
- C. hypnagogic sensations.
- D. choice blindness.

Answer: B

158. Because she was listening to the news on the radio, Mrs. Schultz didn't perceive a word her husband was saying. Her experience best illustrates

- A. narcolepsy.
- B. choice blindness.
- C. neuroadaptation.
- D. selective attention.

Answer: D

159. The ability to pay attention to only one voice at a time is called

- A. dual processing.
- B. change blindness.
- C. neuroadaptation.
- D. the cocktail party effect.

Answer: D

160. Ohio State University pedestrians were more likely to cross streets unsafely if they were talking on a cellphone. This best illustrates the impact of

- A. the pop-out phenomenon.
- B. hypnagogic sensations.
- C. selective attention.
- D. dissociation.

Answer: C

161. Standing in the checkout line at the grocery store, Jerry kept looking at his watch to see the time. As a result, he failed to see that a store employee was being robbed by a person just in front of him. Jerry most clearly suffered

- A. REM rebound.
- B. inattentional blindness.
- C. age regression.
- D. narcolepsy.

Answer: B

162. When Jason briefly turned to summon the waiter, his wife quickly switched her glass of red wine with his glass of white wine. Jason's failure to notice that his chosen wine had been replaced best illustrates

- A. hypnagogic sensations.
- B. neuroadaptation.
- C. change blindness.
- D. dissociation.

Answer: C

163. Research participants who were focused on repeating a list of sometimes challenging words failed to notice a change in the identity of the person reciting the words. This best illustrates

- A. dual processing.
- B. change deafness.
- C. dissociation.
- D. REM rebound.

Answer: B

164. Research participants picked one of two photographed faces as more attractive. When researchers cleverly switched the photos, participants readily explained why they preferred the face they had actually rejected. Their behavior illustrated

- A. neuroadaptation.
- B. choice blindness.
- C. dissociation.
- D. physical dependence.

Answer: B

165. The impact of circadian rhythms is best illustrated by

- A. the differing musical preferences of younger and older persons.
- B. fluctuations in energy level and alertness across the span of a day.
- C. the different study habits of men and women.
- D. the different personalities of people born during different months of the year.

Answer: B

166. Human body temperatures typically

- A. rise with the approach of morning and fall with the approach of night.
- B. rise with the approach of night and fall with the approach of morning.
- C. rise with the approach of Stage 1 sleep and fall with the approach of REM sleep.
- D. rise with the approach of REM sleep and fall with the approach of Stage 1 sleep.

Answer: A

167. Cindi prefers to take exams in the late afternoon rather than during the morning, because her energy level and ability to concentrate are better at that time. Her experience most likely reflects the influence of the

- A. REM rebound.
- B. menstrual cycle.
- C. circadian rhythm.
- D. hypnagogic state.

Answer: C

168. When light strikes the retina, it signals the suprachiasmatic nucleus to alter _____ production by the pineal gland.

- A. melatonin
- B. serotonin
- C. acetylcholine
- D. dopamine

Answer: A

169. The circadian rhythm is influenced by light-sensitive retinal proteins that trigger signals to the

- A. suprachiasmatic nucleus.
- B. dopamine reward system.
- C. thyroid gland.
- D. sleep spindles.

Answer: A

170. After four years of working nights, Raymond now works days. His present difficulty in getting to sleep at night is most likely due to a disruption of his normal

- A. circadian rhythm.
- B. hypnagogic sensations.
- C. alpha wave pattern.
- D. sleep apnea.

Answer: A

171. When placed under unnatural constant illumination, most animals will experience

- A. a circadian rhythm that is shorter than 24 hours.
- B. a circadian rhythm that exceeds 24 hours.
- C. a 24-hour circadian rhythm.
- D. no signs of a circadian rhythm.

Answer: B

172. When people are experiencing vivid dreams

- A. their bodies often move in accordance with what they dream.
- B. their eyes are likely to move under their closed eyelids.
- C. they are more likely to sleepwalk than during any other stage of sleep.
- D. their slow brainwave patterns indicate that they are deeply asleep.

Answer: B

173. Alpha waves are associated with

- A. Stage 2 sleep.
- B. Stage 3 sleep.
- C. Stage 4 sleep.
- D. a relaxed but awake state.

Answer: D

174. Fantastic images that are not part of our regular sleep dreams occur during _____ sleep.

- A. Stage 1
- B. Stage 2
- C. Stage 3
- D. Stage 4

Answer: A

175. Sleepwalking may occur during

- A. Stage 1 sleep.
- B. Stage 2 sleep.
- C. REM sleep.
- D. any stage of sleep.

Answer: D

176. The large, slow brain waves associated with deep sleep are called

- A. alpha waves.
- B. beta waves.
- C. sleep spindles.
- D. delta waves.

Answer: D

177. Which of the following is most likely to be associated with slow-wave sleep?

- A. bed-wetting
- B. sleep spindles
- C. hallucinations
- D. genital arousal

Answer: A

178. Stage 2 sleep is to _____ as Stage 4 sleep is to _____.

- A. alpha waves; sleep spindles
- B. sleep spindles; delta waves
- C. delta waves; alpha waves

D. alpha waves; rapid eye movements

Answer: B

179. After Carlos had been asleep for about an hour and a half, his heart began to beat faster, his breathing became fast and irregular, and his closed eyes began to dart back and forth. Carlos was most likely experiencing

- A. Stage 4 sleep.
- B. sleep apnea.
- C. narcolepsy.
- D. REM sleep.

Answer: D

180. Which of the following typically occur(s) during REM sleep?

- A. night terrors
- B. genital arousal
- C. bed-wetting
- D. muscular tension

Answer: B

181. Which of the following is NOT characteristic of REM sleep?

- A. Heart and breathing rates increase.
- B. The eyes move rapidly under closed lids.
- C. Brain waves become more rapid.
- D. Voluntary muscles tense and become more active.

Answer: D

182. Paradoxical sleep is to slow-wave sleep as _____ sleep is to _____ sleep.

- A. Stage 1; REM
- B. REM; Stage 2
- C. Stage 2; REM
- D. REM; Stage 4

Answer: D

183. Margie insists that she never dreams, but her roommate feels she can prove otherwise. To prove that Margie does dream, the roommate should

- A. feed Margie lots of rich food just before bedtime.
- B. make an allnight audiotape of the sounds Margie makes while sleeping.
- C. wake Margie after she has been asleep for about 5 minutes and ask her what she's dreaming.
- D. wake Margie after 5 minutes of REM sleep and ask her what she's dreaming.

Answer: D

184. Feli has been asleep for three hours. As he continues to sleep, we can expect that

- A. Stage 4 sleep will diminish and that Stage 3 sleep will increase in duration.

- B. Stage 3 sleep will diminish and that Stage 4 sleep will increase in duration.
- C. Stage 4 sleep will diminish and that REM sleep will increase in duration.
- D. REM sleep will diminish and that Stage 3 sleep will increase in duration.

Answer: C

- 185.** When allowed to sleep 9 hours a night on a regular basis, people are most likely to
- A. experience REM rebound.
 - B. work more efficiently.
 - C. show signs of sleep apnea.
 - D. demonstrate apathy and loss of energy.

Answer: B

- 186.** Daniel Kahneman and his colleagues found that the daily moods of working women were most heavily influenced by
- A. weather conditions.
 - B. job security.
 - C. a good night's sleep.
 - D. their ability to purchase luxury goods.

Answer: C

- 187.** Chronic sleep debt is most likely to promote
- A. sleep apnea.
 - B. obesity.
 - C. insomnia.
 - D. night terrors.

Answer: B

- 188.** Terry has not had a decent night's sleep in over a week. If this sleep deprivation continues, he will become increasingly susceptible to
- A. viral infections.
 - B. sleep apnea.
 - C. insomnia.
 - D. night terrors.

Answer: A

- 189.** Chronic sleep loss is likely to
- A. promote creativity and facilitate memory.
 - B. inhibit creativity and impair memory.
 - C. promote creativity and impair memory.
 - D. inhibit creativity and facilitate memory.

Answer: B

190. Animals with the _____ need to graze and the _____ ability to hide from danger tend to sleep less.

- A. most; most
- B. least; least
- C. most; least
- D. least; most

Answer: C

191. Slow-wave sleep promotes

- A. effective memory.
- B. REM rebound.
- C. narcolepsy.
- D. insomnia.

Answer: A

192. Deep sleep appears to play an important role in

- A. dissociation.
- B. paradoxical sleep.
- C. posthypnotic suggestion.
- D. physical growth.

Answer: D

193. Insomnia is a disorder involving

- A. the excessive use of sleeping pills or other drugs that induce sleep.
- B. recurring difficulty in falling or staying asleep.
- C. the cessation of breathing during sleep.
- D. uncontrollable attacks of overwhelming sleepiness.

Answer: B

194. To cure his insomnia, Mr. Ming takes a sleeping pill just before bedtime. Research suggests that this practice

- A. may actually make Mr. Ming's insomnia worse when it is discontinued.
- B. may help Mr. Ming permanently overcome his insomnia.
- C. has probably increased Mr. Ming's REM sleep.
- D. may make Mr. Ming more vulnerable to sleep apnea.

Answer: A

195. Eighty-year-old Mrs. West feels she has trouble falling asleep at night. She typically gets only 6 hours of sleep every 24 hours. What should she do about this?

- A. take a sleeping pill every night
- B. sleep with the bedroom lights on
- C. drink an alcoholic beverage before bedtime
- D. relax and remind herself that her sleep patterns are normal

Answer: D

196. The disorder involving uncontrollable attacks of overwhelming sleepiness is known as

- A. narcolepsy.
- B. insomnia.
- C. sleep apnea.
- D. paradoxical sleep.

Answer: A

197. Which of the following sleep disorders would be the most incapacitating for a commercial bus driver?

- A. night terrors
- B. insomnia
- C. sleepwalking
- D. narcolepsy

Answer: D

198. Researchers have discovered a gene in dogs that causes

- A. REM rebound.
- B. narcolepsy.
- C. age regression.
- D. hypnagogic sensations.

Answer: B

199. Sleep apnea is a disorder involving

- A. temporary cessations of breathing during sleep.
- B. periodic uncontrollable attacks of overwhelming sleepiness.
- C. hypnagogic sensations of falling or floating weightlessly.
- D. the excessive use of sleeping pills or other sleep-inducing drugs.

Answer: A

200. Mr. Dayton occasionally stops breathing while sleeping. He wakes up to snort air for a few seconds before falling back to sleep. Mrs. Dayton complains that her husband snores. Clearly, Mr. Dayton suffers from

- A. sleep apnea.
- B. narcolepsy.
- C. insomnia.
- D. night terrors.

Answer: A

201. About three hours after he falls asleep, Bobby often sits up in bed screaming incoherently. His mother tries to awaken him, but with no success. The next morning, he remembers nothing. It appears that Bobby suffers from

- A. night terrors.
- B. narcolepsy.

- C. sleep spindles.
- D. sleep apnea.

Answer: A

202. It has been found that night terrors

- A. are usually recalled vividly for days following their occurrence.
- B. are typically accompanied by a state of temporary muscular immobility or paralysis.
- C. jolt the sleeper to a sudden state of full waking alertness.
- D. typically occur during Stage 4 sleep.

Answer: D

203. Which sleep disorder is more likely to be experienced by children than by adults?

- A. narcolepsy
- B. sleep apnea
- C. night terrors
- D. insomnia

Answer: C

204. After suffering a trauma, people commonly report an increase in

- A. sleep apnea.
- B. narcolepsy.
- C. threatening dreams.
- D. the hollow face illusion.

Answer: C

205. Shane, a straight-A student, remembers dreaming that he failed an important chemistry test. According to Freud, Shane's account represents the _____ content of his dream.

- A. paradoxical
- B. dissociated
- C. hypnagogic
- D. manifest

Answer: D

206. According to Freud, the manifest content of a dream refers to the

- A. hypnagogic sensations preceding a dream.
- B. rapid eye movements during a dream.
- C. remembered story line of a dream.
- D. underlying meaning of a dream.

Answer: C

207. When dreamers' faces were lightly sprayed with cold water, they were more likely than other dreamers to experience

- A. sleep apnea.
- B. hypnagogic sensations.
- C. dreams about water.
- D. paradoxical sleep.

Answer: C

208. According to Freud, people dream in order to

- A. give expression to personally threatening drives and wishes.
- B. prepare themselves for the challenges of the following day.
- C. strengthen their memories of the preceding day's events.
- D. accomplish all of these goals.

Answer: A

209. According to Freud, the personally threatening and censored meaning of a dream is its

- A. manifest content.
- B. dissociated content.
- C. latent content.
- D. hallucinatory content.

Answer: C

210. Josef, a high school student, tells his therapist that he has had a recurring dream in which he hunts and kills a ferocious tiger. The therapist explains that the dream reflects Josef's unresolved feelings of hostility toward his father. According to Freud, the therapist is revealing the possible _____ content of Josef's dream.

- A. manifest
- B. latent
- C. circadian
- D. dissociated

Answer: B

211. Brain regions that are active as rats learn to navigate a maze show similar activity patterns again as the rats later experience

- A. REM sleep.
- B. hypnagogic sensations.
- C. neuroadaptation.
- D. dissociation.

Answer: A

212. One theory suggests that the brain activity associated with _____ is helpful for developing and preserving neural pathways in the brain.

- A. night terrors
- B. near-death experiences
- C. sleep apnea

D. dreaming

Answer: D

213. The activation-synthesis theory best helps to explain why

- A. most dreams are realistic portrayals of pleasant life events.
- B. people often experience sudden visual images during REM sleep.
- C. dreams typically express unacceptable feelings in a symbolically disguised form.
- D. individuals with sleep apnea are unable to recall any of their dreams.

Answer: B

214. The emotional tone of our dreams is especially likely to be influenced by activation of the _____ during REM sleep.

- A. sensory cortex
- B. limbic system
- C. frontal lobes
- D. pineal gland

Answer: B

215. As a participant in a sleep-research study for the past three nights, Tim has been repeatedly disturbed during REM sleep. Tonight, when allowed to sleep undisturbed, Tim will likely experience

- A. an increase in REM sleep.
- B. sleep apnea.
- C. insomnia.
- D. dissociation.

Answer: A

216. The occurrence of REM rebound supports the notion that

- A. as people grow older they need to spend progressively more time dreaming.
- B. dreams are triggered by random bursts of neural activity.
- C. dreams help to solidify our memories of daytime experiences.
- D. humans, like most other mammals, need REM sleep.

Answer: D

217. A sense of relaxation is most likely to be associated with

- A. hallucinations.
- B. inattentional blindness.
- C. sleep apnea.
- D. hypnotic induction.

Answer: D

218. Twenty-two-year-old Felicia scores high in hypnotic responsiveness as measured by the Stanford Hypnotic Susceptibility Scale. Research suggests that Felicia may also have

- A. below-average intelligence.
- B. an above-average ability to hypnotize others.
- C. difficulty keeping her attention focused on any specific task.
- D. a rich fantasy life.

Answer: D

- 219.** People are particularly responsive to hypnosis if they
- A. strongly expect that they can be hypnotized.
 - B. are below average in intelligence and education.
 - C. are easily distracted and have difficulty focusing attention.
 - D. suffer a physical or psychological dependence on alcohol.

Answer: A

- 220.** Age regression refers to
- A. the hypnotically induced reliving of earlier life experiences.
 - B. the flashbacks to childhood that often occur during an LSD trip.
 - C. our natural tendency to relive successful experiences in our daydreams.
 - D. the life review that is reported in the near-death experience.

Answer: A

- 221.** Under hypnosis, Mrs. Mohammed is encouraged by her therapist to vividly experience and describe the details of an argument she had with her father when she was a child. The therapist is employing a technique called
- A. age regression.
 - B. posthypnotic suggestion.
 - C. paradoxical sleep.
 - D. dissociation.

Answer: A

- 222.** Research indicates that memories retrieved during hypnosis are
- A. forgotten again as soon as the person awakens from the hypnotic state.
 - B. accurate recollections of information previously learned.
 - C. experienced as being inaccurate even when they are true.
 - D. often a combination of fact and fiction.

Answer: D

- 223.** Research showed that research participants ordered to plunge their hands into what they think is acid, and then throw the “acid” in a research assistant's face, will
- A. refuse to do either, even when hypnotized.
 - B. plunge their hands into the “acid” but will not throw it when hypnotized.
 - C. plunge their hands into the “acid” and throw it in the assistant's face, but only when hypnotized.
 - D. plunge their hands into the “acid” and throw it in the assistant's face, whether hypnotized or not.

Answer: D

- 224.** While Bev was hypnotized, her therapist suggested that during the next several days she would have a strong desire to eat wellbalanced meals. The therapist was apparently making use of
- A. age regression.
 - B. posthypnotic suggestion.
 - C. neuroadaptation.
 - D. paradoxical sleep.

Answer: B

- 225.** Research indicates that hypnotherapy is especially helpful for the treatment of
- A. obesity.
 - B. nail biting.
 - C. alcohol abuse.
 - D. smoking addictions.

Answer: A

- 226.** Research has indicated that hypnosis
- A. can force people to act against their will.
 - B. can block sensory input.
 - C. is helpful in overcoming alcohol addictions.
 - D. enables some people to undergo surgery without anesthesia.

Answer: D

- 227.** Advocates of the social influence theory of hypnosis are likely to argue that
- A. hypnosis is a unique state of consciousness.
 - B. hypnotized people are simply enacting the role of “good hypnotic subjects.”
 - C. most hypnotized people are consciously faking hypnosis.
 - D. hypnotic susceptibility is positively correlated with introversion.

Answer: B

- 228.** Hypnotized people are no more likely to perform dangerous acts than those who are asked to simulate hypnosis. This fact is most consistent with
- A. the activation-synthesis theory.
 - B. dissociation theory.
 - C. Freud's dream theory.
 - D. social influence theory.

Answer: D

- 229.** People become unresponsive to hypnosis if told that those who are highly gullible are easily hypnotized. This fact is most consistent with the theory that hypnosis involves
- A. dissociation.

- B. conscious role-playing.
- C. neuroadaptation.
- D. hypnagogic sensations.

Answer: B

230. Dissociation refers to

- A. a state of divided consciousness.
- B. a state of paradoxical sleep.
- C. conscious enactment of a hypnotic role.
- D. nonconformity to social pressure.

Answer: A

231. The divided-consciousness theory of hypnosis states that hypnosis involves

- A. role-playing.
- B. dissociation.
- C. age regression.
- D. paradoxical sleep.

Answer: B

232. People hypnotized for pain relief may show activity in brain areas that receive pain sensations but not in brain areas that make us consciously aware of the pain. This most directly supports the theory that hypnosis involves

- A. paradoxical sleep.
- B. narcolepsy.
- C. dissociation.
- D. hallucinations.

Answer: C

233. When subjected to a painful medical procedure without the benefit of an anesthetic, a hypnotized person is most likely to

- A. show physiological activation of the sensory cortex.
- B. exhibit a brain-wave pattern similar to that of Stage 4 sleep.
- C. have no sensory experience of the pain-producing procedure.
- D. be unable to remember anything that occurred during the procedure.

Answer: A

234. Evidence that people in a posthypnotic state have no difficulty remembering everything they had learned while under hypnosis would most clearly serve to challenge

- A. social influence theory.
- B. the activation-synthesis theory.
- C. dissociation theory.
- D. Freud's dream theory.

Answer: C

- 235.** To move beyond the “hypnosis is social influence” versus “hypnosis is divided consciousness” debate, today's hypnosis researchers are using a unified _____ approach.
- A. neuroadaptation
 - B. biopsychosocial
 - C. parallel processing
 - D. activation-synthesis

Answer: B

- 236.** Alcohol, marijuana, cocaine, and a wide variety of other chemical agents that alter perceptions and moods are called
- A. stimulants.
 - B. narcotic agents.
 - C. psychoactive drugs.
 - D. hallucinogens.

Answer: C

- 237.** Drug tolerance refers to the
- A. absence of pain or anxiety following the use of a drug.
 - B. loss of social inhibitions following drug use.
 - C. discomfort and distress that follow the discontinued use of a drug.
 - D. reduced effect of a drug resulting from its regular usage.

Answer: D

- 238.** To relieve her job-related stress, Jessica has several cocktails every night. Jessica's drinking is an indication of
- A. dissociation.
 - B. tolerance.
 - C. psychological dependence.
 - D. physical dependence.

Answer: C

- 239.** Jana developed a habit of drinking several beers after work each day. Her diminishing feeling of intoxication from the drinks is indicative of
- A. generalized anxiety disorder.
 - B. tolerance.
 - C. withdrawal.
 - D. psychological dependence.

Answer: B

- 240.** When Mark first tried to quit smoking, he experienced anxiety, irritability, and difficulty sleeping. Mark was experiencing
- A. withdrawal.

- B. sleep apnea.
- C. dissociation.
- D. REM rebound.

Answer: A

241. Although Mildred never experiences withdrawal symptoms when deprived of alcohol, every afternoon she wants at least one drink to help her relax. Mildred has developed
- A. a physical dependence.
 - B. a psychological dependence.
 - C. both a psychological and a physical dependence.
 - D. neither a psychological nor a physical dependence.

Answer: B

242. Which of the following provides a clear indication of physical dependence?
- A. withdrawal symptoms
 - B. hallucinations
 - C. narcolepsy
 - D. REM rebound

Answer: A

243. Although repeated use of amphetamines has caused Aaron legal problems, which threaten his job, he continues to use the drugs. Aaron most clearly shows signs of
- A. REM rebound.
 - B. age regression.
 - C. narcolepsy.
 - D. addiction.

Answer: D

244. Research on the use of addictive drugs indicates that
- A. the majority of people become addicted to cocaine within a couple of years of their first use.
 - B. individuals who are given morphine for pain relief seldom develop the irresistible cravings of an addict.
 - C. only a small minority of America's ex-smokers kicked the habit on their own.
 - D. regular marijuana smokers typically experience an irresistible craving for LSD.

Answer: B

245. People who use _____ are often able to discontinue their drug use without professional help.
- A. nicotine
 - B. cocaine
 - C. alcohol
 - D. any of these drugs

Answer: D

246. The three main categories of psychoactive drugs are depressants, stimulants, and

- A. amphetamines.
- B. tranquilizers.
- C. hallucinogens.
- D. endorphins.

Answer: C

247. Drugs such as alcohol and opiates that calm neural activity and slow body functions are called

- A. hallucinogens.
- B. depressants.
- C. endorphins.
- D. amphetamines.

Answer: B

248. When moderately intoxicated by alcohol

- A. an angry person tends to be more aggressive than usual.
- B. a giving person tends to be more generous than usual.
- C. a sexually aroused person tends to be more sexually active than usual.
- D. all of these people tend to behave as stated.

Answer: D

249. Alcohol consumption is LEAST likely to make people more

- A. fearful.
- B. aggressive.
- C. self-conscious.
- D. sexually daring.

Answer: C

250. Alcohol consumption _____ sympathetic nervous system activity and _____ self-awareness.

- A. decreases; decreases
- B. increases; increases
- C. decreases; increases
- D. increases; decreases

Answer: A

251. Research indicates that alcohol

- A. impairs short-term recall of what has just been said.
- B. disrupts the processing of recent experiences into long-term memories.
- C. impairs recall of existing longterm memories.
- D. increases REM sleep.

Answer: B

- 252.** After drinking three cans of beer, Akiva felt less guilty about the way he mistreated his wife and children. Akiva's reduced guilt most likely resulted from the fact that his alcohol consumption has
- A. destroyed some of his brain cells.
 - B. reduced his selfawareness.
 - C. directed his attention to the future.
 - D. increased his level of sympathetic nervous system arousal.

Answer: B

- 253.** Participants in a sexual stimulation study who mistakenly thought they had consumed alcohol were more likely to report having strong sexual fantasies and feeling guilt-free than those who thought they had not consumed alcohol. This study best illustrated the impact of
- A. drug tolerance.
 - B. physical dependence.
 - C. user expectations.
 - D. neuroadaptation.

Answer: C

- 254.** Suppose that peer influences simultaneously push young adults toward excessive drinking and risky sex. In explaining the positive correlation between drinking and risky sexual activity, peer influence could best be described as an underlying
- A. free radical.
 - B. third variable.
 - C. pop-out phenomenon.
 - D. psychological dependence.

Answer: B

- 255.** Nembutal, Seconal, and Amytal, drugs prescribed to reduce insomnia, are
- A. barbiturates.
 - B. amphetamines.
 - C. opiates.
 - D. mild hallucinogens.

Answer: A

- 256.** Sodium pentothal has sometimes been called a “truth serum” because it relaxes people and enables them to more freely disclose personally embarrassing experiences. It is most likely that sodium pentothal is a(n)
- A. barbiturate.
 - B. amphetamine.
 - C. hallucinogen.
 - D. form of cocaine.

Answer: A

257. Soon after taking a psychoactive drug, Larisa's breathing slowed, her pupils constricted, and her feelings of anxiety were replaced by blissful pleasure. Larisa most likely experienced the effects of

- A. cocaine.
- B. heroin.
- C. LSD.
- D. nicotine.

Answer: B

258. Stimulants are to caffeine as depressants are to

- A. heroin.
- B. cocaine.
- C. marijuana.
- D. LSD.

Answer: A

259. Taking an overdose of _____ is likely to result in death.

- A. barbiturates
- B. morphine
- C. heroin
- D. any of these drugs

Answer: D

260. Which of the following drugs is classified as a stimulant?

- A. marijuana
- B. morphine
- C. alcohol
- D. nicotine

Answer: D

261. Who might be tempted to use amphetamines to help him achieve his personal goal?

- A. Victor, who wants relief from depression
- B. Karl, who wants to lose a lot of weight
- C. Milan, who wants to win his boxing match
- D. All of these people might be tempted to use amphetamines.

Answer: D

262. Which of the following is a stimulant drug known as "speed" whose aftereffects may include seizures, depression, and occasional violent outbursts?

- A. methamphetamine
- B. heroin
- C. marijuana

D. LSD

Answer: A

263. Methamphetamine enhances energy and mood by triggering the release of the neurotransmitter

- A. cortisol.
- B. dopamine.
- C. orexin.
- D. leptin.

Answer: B

264. The world's most widely consumed psychoactive drug is

- A. nicotine.
- B. alcohol.
- C. marijuana.
- D. caffeine.

Answer: D

265. Young adolescents are especially likely to begin smoking if they

- A. have friends and relatives who smoke.
- B. experience narcolepsy.
- C. are optimistic about their future.
- D. suffer high blood pressure.

Answer: A

266. Nicotine triggers a(n) _____ in blood pressure and a(n) _____ in pain sensitivity.

- A. increase; decrease
- B. increase; increase
- C. decrease; decrease
- D. decrease; increase

Answer: A

267. Compared with nonsmokers, smokers experience

- A. lower rates of depression and higher rates of divorce.
- B. higher rates of depression and lower rates of divorce.
- C. lower rates of depression and lower rates of divorce.
- D. higher rates of depression and higher rates of divorce.

Answer: D

268. A brief 15- to 30-minute rush of euphoria followed by a crash of agitated depression is most closely associated with the use of

- A. marijuana.

- B. cocaine.
- C. LSD.
- D. barbiturates.

Answer: B

269. Caged rats respond to foot shocks with unusually high levels of aggression after ingesting

- A. heroin.
- B. cocaine.
- C. marijuana.
- D. barbiturates.

Answer: B

270. Which of the following drugs is most likely to produce a euphoric high and feelings of social intimacy?

- A. Seconal
- B. opium
- C. Ecstasy
- D. marijuana

Answer: C

271. The major effect of _____ is to release stored serotonin and block its reabsorption.

- A. alcohol
- B. heroin
- C. Ecstasy
- D. Nembutal

Answer: C

272. LSD is most likely to produce

- A. narcolepsy.
- B. hallucinations.
- C. dissociation.
- D. age regression.

Answer: B

273. An altered state of consciousness in which people experience fantastic images and often feel separated from their bodies is most closely associated with the use of

- A. heroin.
- B. cocaine.
- C. marijuana.
- D. LSD.

Answer: D

274. In contrast to alcohol, marijuana

- A. is rapidly eliminated from the body.
- B. does not impair motor coordination.
- C. amplifies sensitivity to sounds.
- D. does not impair memory.

Answer: C

275. Studies of marijuana's effects indicate that

- A. regular users may achieve a high with less of the drug than occasional users.
- B. regular usage has no serious negative effects on physical health.
- C. usage consistently reduces feelings of anxiety and depression.
- D. marijuana is the most commonly used psychoactive drug in North America.

Answer: A

276. Adopted individuals are more susceptible to alcohol dependence if one or both biological parents have a history of it. This indicates that alcohol dependence is

- A. an inattentional blindness.
- B. an age regression.
- C. genetically influenced.
- D. a form of narcolepsy.

Answer: C

277. Mice with _____ levels of _____ are especially likely to be attracted to alcohol.

- A. low; REM
- B. high; REM
- C. low; NPY
- D. high; NPY

Answer: C

278. Research suggests that an important factor contributing to teen drug abuse is

- A. having a parent who suffers from narcolepsy.
- B. feeling that one's life is meaningless.
- C. abnormally high levels of the brain chemical NPY.
- D. sleep apnea.

Answer: B

279. African-American teens have _____ rates of smoking and _____ rates of cocaine use than other U.S. teens.

- A. lower; higher
- B. higher; lower
- C. higher; higher
- D. lower; lower

Answer: D

280. Mark's abuse of alcohol and other addictive drugs is influenced by genetic factors, by the ready availability of drugs in Mark's neighborhood, and by Mark's failure to accurately assess the risks associated with drug usage. An understanding of Mark's difficulties within the framework of multiple levels of analysis is most clearly provided by

- A. a dual-processing theory.
- B. the activation-synthesis perspective.
- C. a biopsychosocial approach.
- D. the neuroadaptation model.

Answer: C

281. The best predictor of an adolescent's pattern of drug usage is whether the adolescent

- A. has close friends who use drugs.
- B. grows up in an intact two-parent family.
- C. has religious beliefs.
- D. owns his or her own car.

Answer: A

282. The altered state of consciousness that is most similar to a drug-induced hallucination is

- A. REM sleep.
- B. the near-death experience.
- C. hypnosis.
- D. narcolepsy.

Answer: B

283. As oxygen deprivation just prior to death turns off the brain's inhibitory cells, neural activity increases in the

- A. visual cortex.
- B. motor cortex.
- C. cerebellum.
- D. brainstem.

Answer: A