

Chapter 5 - Variations in Consciousness

1. You have a personal awareness of both internal and external stimuli, and your thoughts concerning those stimuli. What is this called?
- unconsciousness
 - alertness
 - consciousness
 - attention

ANSWER: c

2. Which of the following is a concept proposed by William James to describe the continually changing aspect of consciousness?
- flow of consciousness
 - mind wandering
 - circadian rhythm
 - stream of consciousness

ANSWER: d

3. Why might doctors and nurses try to “watch what they say” when performing surgery?
- People under anesthesia occasionally awaken completely during surgery.
 - The concentration of other members of the surgical team is disrupted by unnecessary comments.
 - The patient’s family members occasionally overhear comments.
 - People under anesthesia maintain some awareness.

ANSWER: d

4. Danielle is walking to work, along a route that she knows very well. When she arrives at work she realizes that she didn’t notice anything going on around her during most of her walk because she was thinking about various other things. What is the term for Danielle’s experience during her walk?
- mind wandering
 - stream of consciousness
 - subliminal perception
 - unconscious processing

ANSWER: a

5. What is your dominant brain wave pattern at this moment, as you are concentrating on answering this exam question correctly?
- delta waves
 - alpha waves
 - theta waves
 - beta waves

ANSWER: d

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6. What would be your dominant brain wave pattern if you were to lie down under a tree and relax, but not fall asleep?
- a. delta waves
 - b. beta waves
 - c. theta waves
 - d. alpha waves

ANSWER: d

7. Based on the results of the Featured Study on the merits of unconscious thought, what should you do in between gathering information and making a decision?
- a. Gather more information to support or refute the original information.
 - b. Engage in some other task as a distraction for a while.
 - c. Think very carefully about the information you've received.
 - d. Nothing. Make your decision as soon as possible after gathering information.

ANSWER: b

8. If a species has a circadian cycle of fluctuations in cortisol, how long is the cycle?
- a. 90 minutes
 - b. 24 hours
 - c. one month
 - d. one season

ANSWER: b

9. Which of the following is NOT particularly influenced by circadian rhythms?
- a. physical functions such as body temperature and urine production
 - b. emotional experiences such as feelings of happiness and sadness
 - c. sleep
 - d. cognitive performance on tasks requiring alertness and short-term memory

ANSWER: b

10. Which of the following represents the pattern of sleeping and waking in relation to body temperature?
- a. We fall asleep as temperature becomes stable and wake as it starts to fluctuate.
 - b. We fall asleep as temperature begins to rise and wake as it drops.
 - c. We fall asleep as temperature begins to drop and wake as it goes up.
 - d. We fall asleep as temperature starts to fluctuate and wake as it becomes stable.

ANSWER: c

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11. In order for the day–night cycle to reset the human biological clock, where do receptors in the retina direct light information?
- suprachiasmatic nucleus
 - medulla
 - pineal gland
 - thalamus

ANSWER: a

12. If a person has damage to the suprachiasmatic nucleus, which process would likely be altered?
- muscle strength
 - vision
 - digestion
 - sleep cycles

ANSWER: d

13. Celia just flew home from a trip and she crossed three time zones. How long should it take her to readjust her biological clock?
- one day
 - three days
 - six days
 - one week

ANSWER: b

14. Compared to employees who have set work schedules, which of the following represents the sleep of employees who work rotating shifts?
- less, and poorer quality
 - more, but poorer quality
 - less, but higher quality
 - more, and higher quality

ANSWER: a

15. What would be most likely to help someone adjust their biological clock, if it were taken in pill form?
- androgen
 - adrenalin
 - melatonin
 - glutamate

ANSWER: c

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16. Which of the following patterns of shift work would allow for the easiest adjustment of sleep-wake cycles?
- shifting from starting at 7 p.m. to starting at 7 a.m.
 - shifting from starting at 7 a.m. to starting at 7 p.m.
 - shifting from starting at 3 p.m. to starting at 7 a.m.
 - shifting from starting at 7 a.m. to starting at 3 p.m.

ANSWER: d

17. Which of the following is a device that records eye movements?
- electroencephalograph
 - electrocardiograph
 - electrooculograph
 - electromyograph

ANSWER: c

18. Yee is a participant in a research study and will be hooked up to physiological devices while sleeping in a sleep lab for several nights. How many nights is it likely to take Yee to adapt to sleeping in the sleep lab?
- one
 - two
 - three
 - five

ANSWER: a

19. Trevor is sleeping, and his brain waves are mainly theta waves. He doesn't stay in this stage for long. What stage is he in?
- stage 1
 - stage 2
 - stage 4
 - REM

ANSWER: a

20. Tracy's brain waves are low frequency, and have high amplitude. What stage of sleep is Tracy in?
- stage 1
 - stage 2
 - stage 3
 - REM

ANSWER: c

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21. Peter is in a deep sleep and his brain wave pattern consists of low-frequency delta waves. Which stage of sleep is Peter experiencing?
- REM
 - stage 3 or 4
 - stage 2
 - stage 1

ANSWER: b

22. What are sleep stages 3 and 4 known as?
- slow-wave sleep
 - high-amplitude sleep
 - fast-wave sleep
 - low-amplitude sleep

ANSWER: a

23. Which of the following does NOT characterize REM sleep?
- minimal bodily movement
 - beta waves
 - regular breathing and pulse rate
 - dreaming

ANSWER: c

24. During which stage of sleep does the brain wave pattern resemble that observed when the individual is awake and alert?
- stage 1
 - stage 4
 - REM
 - NREM

ANSWER: c

25. What is the paradox concerning REM sleep?
- It is a deep sleep, but the person is easy to awaken.
 - It is a deep sleep, but the brain waves resemble alert and awake patterns .
 - The person is dreaming, but all muscles are very tense.
 - The person is dreaming, but the brain wave pattern resembles that of relaxation.

ANSWER: b

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26. If you were awakened while you were experiencing rapid eye movements, what would you probably report?
- a. that you were afraid
 - b. that you had a headache
 - c. that you had not really been asleep
 - d. that you had been dreaming

ANSWER: d

27. Which stages of sleep does NREM consist of?
- a. stages 1 and 2
 - b. stages 1, 2, and 3
 - c. stages 3 and 4
 - d. stages 1, 2, 3, and 4

ANSWER: d

28. How many sleep cycles typically occur during the course of a night's sleep?
- a. one
 - b. two
 - c. four
 - d. six

ANSWER: c

29. What tends to occur to REM periods of sleep as the night goes on?
- a. they lengthen
 - b. they shorten
 - c. they lighten
 - d. they deepen

ANSWER: a

30. Which of the following is typically true of the last dream period of the night?
- a. It is the longest.
 - b. It is the scariest.
 - c. It is the shortest.
 - d. It is the best.

ANSWER: a

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31. When during the course of a night's sleep does the majority of slow-wave sleep occur?
- in the middle
 - early
 - it is evenly distributed throughout the night
 - late

ANSWER: b

32. If you normally sleep eight hours each night, and last night you slept for only six hours, which stage of sleep would be most affected by the loss of total sleep time?
- stage 2
 - slow-wave
 - NREM
 - REM

ANSWER: d

33. Compared to young adults, how do infants sleep?
- for a shorter time, but with a greater proportion of REM sleep
 - for a shorter time and with minimal REM sleep
 - for a longer time, but less time in REM sleep
 - for a longer time, and with a greater proportion of REM sleep

ANSWER: d

34. As adults age, what happens to the proportion of time spent in slow-wave sleep?
- It remains stable.
 - It increases.
 - It ceases after puberty.
 - It decreases.

ANSWER: d

35. What do the midday napping practices of "siesta cultures" allow individuals to do?
- avoid working during the hottest part of the day
 - have time to digest their large midday meal
 - sleep at the same time as their young infants
 - take a necessary break from their extremely physical labour

ANSWER: a

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36. Which of the following tends to be true of siesta cultures?
- a. They also practise co-sleeping.
 - b. They are industrialized.
 - c. They are nomadic.
 - d. They are located in tropical regions.

ANSWER: d

37. Which brain structure results in continuous sleep when severely damaged and produces arousal and alertness when electrically stimulated?
- a. ascending reticular activating system
 - b. thalamus
 - c. pons
 - d. hypothalamus

ANSWER: a

38. Which of the following supports the hypothesis that sleep has an adaptive function?
- a. People who sleep longer also tend to live longer.
 - b. Sleep deprivation reduces fertility.
 - c. Our brains use 30 percent less energy when we sleep.
 - d. Species that sleep more are more competitive.

ANSWER: c

39. If you were a researcher doing research on selective deprivation of REM sleep, what pattern would you see after a subject had been in the study for a few nights?
- a. The subject would hallucinate or become delusional.
 - b. The subject would have to be wakened more frequently to prevent REM sleep.
 - c. The subject would stop having REM sleep, to avoid being wakened.
 - d. The subject would have a corresponding improvement in mood.

ANSWER: b

40. While serving as a subject in a laboratory sleep study for several nights, Luka was awakened whenever he entered REM sleep. What effect would this have on Luka's waking performance the next day?
- a. It would have little effect.
 - b. He would hallucinate.
 - c. He would be exhausted all day.
 - d. He would be emotionally unstable.

ANSWER: a

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41. While serving as a subject in a laboratory sleep study for several nights, Hau was awakened whenever he entered REM sleep. As the number of nights in the study increased, what would happen to Hau?
- He would enter REM sleep less frequently.
 - He would enter REM sleep more and more frequently.
 - He would increase the total number of hours he slept each night.
 - He would reduce the total number of hours he slept each night.

ANSWER: b

42. While serving as a subject in a laboratory sleep study for several nights, Avneet was awakened whenever he entered slow-wave sleep. When first allowed an uninterrupted night's sleep, what would Avneet do?
- sleep for a longer amount of time than normal
 - spend less time in slow-wave sleep than normal
 - sleep for a shorter amount of time than normal
 - spend more time in slow-wave sleep than normal

ANSWER: d

43. After being deprived of REM sleep for several days, people tend to spend additional time in REM sleep when allowed to sleep uninterrupted. What is this increase called?
- rebound effect
 - dream-rebound effect
 - dream effect
 - catch-up effect

ANSWER: a

44. Which sleep stages seem to be important for consolidation of memory?
- stages 1 and 2
 - all NREM sleep
 - REM and slow-wave sleep
 - stages with alpha waves

ANSWER: c

45. Which stage of sleep appears to be necessary for neurogenesis?
- stage 1
 - slow-wave sleep
 - REM sleep
 - NREM sleep

ANSWER: c

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46. Which of the following best reflects the term “insomnia”?
- a. chronic problems in getting adequate sleep
 - b. chronic difficulties in remaining asleep
 - c. chronic difficulties in falling asleep
 - d. occasional problems in getting adequate sleep

ANSWER: a

47. Which of the following is associated with lower mortality rates?
- a. sleeping less than seven hours per night
 - b. sleeping seven to eight hours per night
 - c. sleeping at least eight hours per night
 - d. sleeping more than ten hours per night

ANSWER: b

48. Which of the following sleep disorders is reported by approximately 35 percent of adults, tends to increase with age, and is more common in women than in men?
- a. narcolepsy
 - b. sleep apnea
 - c. insomnia
 - d. night terrors

ANSWER: d

49. Tammy uses a benzodiazepine sedative to help her get to sleep, on a regular basis. What is likely to occur over time?
- a. She will spend more and more time in REM sleep.
 - b. She will develop an aversion to the drug.
 - c. The placebo effect will begin to interfere with the drug effect.
 - d. The original dose of sedative will become less effective.

ANSWER: d

50. Which of the following treatments has been demonstrated to be just as effective as medication for treating insomnia?
- a. behavioural therapy
 - b. psychoanalytic therapy
 - c. light therapy
 - d. aromatherapy

ANSWER: a

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51. Rachel has bouts of sudden uncontrollable sleepiness during the day. She has fallen asleep while driving, and in the middle of conversations. Which sleep problem does Rachel experience?
- narcolepsy
 - insomnia rebound
 - somnambulism
 - sleep apnea

ANSWER: a

52. Martin wakes up hundreds of times each night gasping for air. What does he likely suffer from?
- sleep paralysis
 - somnambulism
 - narcolepsy
 - sleep apnea

ANSWER: d

53. During which stage of sleep do nightmares usually occur?
- REM
 - stage 1
 - stage 4
 - NREM

ANSWER: a

54. Last night, five-year-old Ross let out a piercing cry and abruptly awakened in a state of panic. What did Ross most likely experience?
- sleep apnea
 - a nightmare
 - a night terror
 - narcolepsy

ANSWER: c

55. Which of the following is typical of nightmares, but not of night terrors?
- It is relatively easy to fall asleep afterward.
 - They are very frightening but not vivid.
 - They occur during REM sleep.
 - They occur early in the night.

ANSWER: c

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56. When is sleepwalking most likely to occur?
- when a person has emotional or psychological problems
 - during REM sleep
 - during slow-wave sleep
 - after a person has been asleep for several hours

ANSWER: c

57. Charlie experiences vivid dreams during REM sleep and he often acts them out in his sleep. For example, he once woke up to find that he had ripped apart his pillow after dreaming about digging for buried treasure with his bare hands. Which of the following disorders fits this example?
- somnambulism
 - sleep apnea
 - REM sleep behaviour disorder
 - night terrors

ANSWER: c

58. According to research concerning the content of dreams, what are most dreams about?
- frightening events
 - relatively normal activities
 - strangers
 - surreal perceptions or activities

ANSWER: b

59. Fatima is in the middle of a dream, and she realizes that she is dreaming. As a result, she is able to control some aspects of the dream. What is this phenomenon called?
- somnambulism
 - focal dreaming
 - N-REM dreaming
 - lucid dreaming

ANSWER: d

60. Which of the following is true of the relationship between culture and dreaming?
- People across cultures vary in the proportion of sleep time they spend dreaming.
 - Cultures are very similar in the significance they place on dreaming.
 - People across cultures vary in the total amount of sleep time they spend dreaming.
 - Cultures vary in the significance they place on dreaming.

ANSWER: d

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61. What did Sigmund Freud theorize about dreams?
- They reflect reality.
 - They provide a practical approach to problem solving.
 - They provide a window to the conscious mind.
 - They reflect wish fulfillment.

ANSWER: d

62. If a college student who is struggling to keep from flunking out of school dreams of winning the “student of the year award,” with which theory of dreaming would this dream be most consistent?
- fantasy
 - problem solving
 - activation-synthesis
 - wish fulfillment

ANSWER: d

63. Both the discovery of insulin and refinements in the design of the sewing machine were inspired, in part, by dreams. Which theory of dreaming is supported by examples like this?
- problem solving
 - activation-synthesis
 - conservation of energy
 - wish fulfillment

ANSWER: a

64. Which theory of dreaming suggests that the cortex constructs dreams in order to make sense out of neural impulses from subcortical areas of the brain?
- activation-synthesis
 - construction
 - problem solving
 - conservation of energy

ANSWER: a

65. Which of the following is an accurate definition of hypnosis?
- a systematic procedure that typically produces a heightened state of suggestibility
 - a series of techniques for concentration that produce a state similar to meditation
 - a state of relaxation that produces a sleep-like trance
 - a process of focused attention that allows an individual to recover memories

ANSWER: a

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66. What percentage of the population are considered to be exceptionally good hypnotic subjects?
- a. 1 to 2 percent
 - b. 10 to 15 percent
 - c. 20 to 25 percent
 - d. up to 30 percent

ANSWER: c

67. At the end of a session of hypnosis, a hypnotherapist may tell the client that he will awaken and not remember any of the hypnotic session. What is this procedure called?
- a. posthypnotic suggestion
 - b. disinhibition
 - c. anterograde amnesia
 - d. hallucination

ANSWER: a

68. Some people have done bizarre or embarrassing things in public while hypnotized. What term is used to describe the increase in willingness to do such behaviours?
- a. disinhibition
 - b. delusion
 - c. deindividuation
 - d. dissociation

ANSWER: a

69. Which of the following is true regarding the likelihood of hypnotic susceptibility in a population?
- a. It is common among women but not among men.
 - b. It is bimodally distributed, with most of the population falling at one of the extreme ends of the scale.
 - c. It is uniformly distributed across the population.
 - d. It is normally distributed across the population, with roughly 10 percent of individuals at each of the extreme ends of the scale.

ANSWER: d

70. Which theory of hypnosis suggests that hypnosis is NOT an altered state of consciousness?
- a. wish fulfillment
 - b. dissociation
 - c. role-playing
 - d. activation-synthesis

ANSWER: c

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71. Which theory of hypnosis is supported by the observation that age-regressed hypnotized individuals recall long-ago events in a vivid but incorrect manner?
- role-playing
 - wish fulfillment
 - dissociation
 - activation-synthesis

ANSWER: a

72. What does Hilgard's dissociation theory suggest about hypnosis?
- It is found only in isolated individuals.
 - It is a form of role-playing.
 - It is identical to meditation.
 - It is an altered state of consciousness.

ANSWER: d

73. The dissociation theory of hypnosis states that, while hypnotized, a person's consciousness is divided between two streams of consciousness. One stream is in communication with the external world. What is the other stream called?
- the overt observer
 - the visible monitor
 - the hidden observer
 - the role-playing partner

ANSWER: c

74. Danielle is walking to work, along a route that she knows very well. When she arrives at work she realizes that she didn't notice anything going on around her during most of her walk because she was thinking about various other things. Which theory of hypnosis suggests that hypnosis is like an extreme version of this experience?
- Spanos's role-playing theory
 - Barber's social cognitive theory
 - Hilgard's dissociation theory
 - Kirsh's imaginative suggestibility theory

ANSWER: c

75. Meditation refers to a group of practices. What are those practices designed to do?
- increase relaxation and subjective experiences of well-being
 - produce a heightened state of suggestibility
 - stimulate two separate yet simultaneous streams of consciousness
 - heighten awareness and bring mental processes under voluntary control

ANSWER: d

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76. Nancy is in a state that includes reduced heart rate, reduced consumption of oxygen, and an EEG pattern that includes alpha and theta waves. Which of the following states is Nancy likely to be in?
- hypnosis
 - meditation
 - slow-wave sleep
 - alcohol intoxication

ANSWER: b

77. In a study that examines the effects of meditation, a meditation group is compared to a control group that did not meditate. Which of the following would necessarily limit the ability to interpret the results of such a study?
- experimenter bias
 - lack of physiological dependent measures
 - sampling bias
 - response set

ANSWER: c

78. What do we call chemical substances that modify mental, emotional, or behavioural functioning?
- stimulants
 - psychoactive drugs
 - narcotics or opiates
 - hallucinogens

ANSWER: b

79. Which of the following has been supported by evidence from a recent Canadian survey on drug use?
- The rate of cannabis use has doubled in the past decade.
 - More than half of Canadians report using cannabis at some point in their lives.
 - Only 2 percent of those who drink alcohol are considered to be “high-risk” drinkers.
 - Roughly 80 percent of Canadians report that they are “current drinkers.”

ANSWER: d

80. What are narcotics?
- drugs derived from the hemp plant
 - drugs that tend to increase central nervous system activation and behavioural activity
 - drugs that cause distortions in sensory and perceptual experience
 - drugs derived from opium that are capable of relieving pain

ANSWER: d

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81. Which of the following drugs is NOT a narcotic?

- a. morphine
- b. heroin
- c. codeine
- d. cocaine

ANSWER: d

82. Which of the following have both been shown to be effective methods of controlling pain?

- a. meditation and cannabis
- b. narcotics and hypnosis
- c. hypnosis and stimulants
- d. narcotics and stimulants

ANSWER: b

83. Which of the following are sleep-inducing drugs that tend to decrease central nervous system activation and behavioural activity?

- a. sedatives
- b. cannabis
- c. stimulants
- d. opiates

ANSWER: a

84. What are stimulants?

- a. drugs derived from opium that are capable of relieving pain
- b. drugs that contain ethyl alcohol
- c. drugs that tend to increase central nervous system activation and behavioural activity
- d. drugs that cause distortions in sensory and perceptual experience

ANSWER: c

85. If your roommate recently took a recreational drug and is very energetic and alert, and has an “I can conquer the world” euphoria, what did he most likely take?

- a. a cannabis-containing drug such as marijuana or hashish
- b. a stimulant such as caffeine or nicotine
- c. a stimulant such as cocaine or an amphetamine
- d. a sedative such as one of the barbiturates

ANSWER: c

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86. What are hallucinogens?

- a. drugs derived from opium that are capable of relieving pain
- b. drugs that tend to increase central nervous system activation and behavioural activity
- c. drugs derived from the hemp plant
- d. drugs that cause distortions in sensory and perceptual experience

ANSWER: d

87. Which of the following drugs is NOT from the same category as the others?

- a. LSD
- b. mescaline
- c. psilocybin
- d. marijuana

ANSWER: d

88. What is the hemp plant from which marijuana, hashish, and THC are derived?

- a. tobacco
- b. opium
- c. cannabis
- d. poppy

ANSWER: c

89. What is the most widely used recreational drug in our society?

- a. marijuana
- b. ecstasy
- c. alcohol
- d. amphetamines

ANSWER: c

90. Common side effects of which drug include mood swings, quarrelsomeness, and impaired mental and motor functioning?

- a. sedatives
- b. cannabis
- c. alcohol
- d. narcotics

ANSWER: c

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91. Which compound drug is related to both amphetamines and hallucinogens?
- LSD
 - ecstasy
 - speed
 - cocaine

ANSWER: b

92. Which of the following factors has the least influence on the effect that a psychoactive drug has on an individual?
- the individual's expectations
 - the intelligence of the individual
 - the setting in which the drug is taken
 - the mood and personality of the individual

ANSWER: b

93. A morphine addict experiences a state of euphoria after a dose of morphine, and a postsurgical patient experiences a reduction in pain after the same dosage. What does this difference illustrate?
- the effect of age
 - the effect of expectations
 - the effect of potency
 - the effect of personality

ANSWER: b

94. When Hillary first started drinking alcohol she would get drunk on a fairly small amount. Now, after several years of drinking experience it takes a larger dose of alcohol to make her intoxicated. What is the term used to describe this change?
- resistance
 - tolerance
 - physical dependence
 - psychological dependence

ANSWER: b

95. Which of the following categories of psychoactive drugs leads to a slow or gradual development of tolerance?
- narcotics
 - stimulants
 - sedatives
 - hallucinogens

ANSWER: d

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96. Which of the following categories of psychoactive drugs results in a gradual development of a tolerance for the drug?
- a. sedatives
 - b. alcohol
 - c. narcotics
 - d. stimulants

ANSWER: b

97. For which of the following drugs would tolerance develop most rapidly?
- a. opiates
 - b. alcohol
 - c. cannabis
 - d. hallucinogens

ANSWER: a

98. Which of the following neurotransmitters is affected by most psychoactive drugs, by affecting release and reuptake?
- a. endorphins
 - b. GABA
 - c. monoamines
 - d. acetylcholine

ANSWER: c

99. Which category of psychoactive drugs has the greatest risk for developing physical and psychological dependence?
- a. stimulants
 - b. narcotics
 - c. hallucinogens
 - d. cannabis

ANSWER: b

100. Which category of psychoactive drugs has the least risk for developing physical and psychological dependence?
- a. stimulants
 - b. hallucinogens
 - c. alcohol
 - d. sedatives

ANSWER: b

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101. Which category of psychoactive drug is best characterized as having a moderate risk for physical dependence associated with a high risk for psychological dependence?
- cannabis
 - hallucinogens
 - stimulants
 - narcotics

ANSWER: c

102. Which of the following drugs have researchers recently found specific receptors in the brain for?
- amphetamines
 - sedatives
 - THC (marijuana)
 - MDMA (ecstasy)

ANSWER: c

103. Which neural pathway has been characterized as a “reward pathway,” believed to be responsible for the reinforcing effects of most abused drugs?
- hypothalamus dopamine
 - mesolimbic dopamine
 - cortical
 - medulla-pons

ANSWER: b

104. What is the term used when a person must continue to take a drug to avoid withdrawal illness?
- tolerance
 - codependence
 - psychological dependence
 - physical dependence

ANSWER: d

105. Alex is a drug addict who is currently experiencing nausea, cramps, tremors, and pain. Which of the following terms best describes this experience?
- tolerance
 - intoxication
 - withdrawal
 - psychological dependence

ANSWER: c

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106. When a person must continue to take a drug to satisfy an intense mental and emotional craving, what is that state called?
- psychological dependence
 - physical dependence
 - codependence
 - tolerance

ANSWER: a

107. Which category of psychoactive drugs is NOT associated with a high risk of a lethal overdose?
- hallucinogens
 - alcohol
 - sedatives
 - narcotics

ANSWER: a

108. Of the following, which category of psychoactive drugs has the highest risk of lethal overdose?
- hallucinogens
 - cannabis
 - marijuana
 - sedatives

ANSWER: d

109. Which of the following is an example of an indirect health-related risk associated with recreational drugs?
- Sedatives and alcohol can increase the risk of automobile accidents.
 - Alcohol can increase the risk of liver damage.
 - Cocaine can increase the risk of heart attacks.
 - Marijuana can increase the risk of respiratory disease.

ANSWER: a

110. Regarding controversial or stereotypical statements about the risks of marijuana use, what is the most appropriate conclusion, based on available research evidence?
- Marijuana does not appear to have major cognitive or health consequences, but it does tend to lead to impotence or sterility in men who use it for a prolonged length of time.
 - Most of the health effects of marijuana have been exaggerated, but there is some evidence that chronic heavy users may have modest deficits in attention and memory.
 - Marijuana has no long-term effects on cognitive functioning, but may permanently suppress immune functioning.
 - Marijuana is completely safe for use, both in the short term and in the long term.

ANSWER: b

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111. Which of the following risks of marijuana use has been supported by empirical evidence?
- a. impairments in attention and memory
 - b. long-term sterility or impotence
 - c. increase in the rate of infections
 - d. substantial loss of volume in the frontal lobes

ANSWER: a

112. Which of the following appears NOT to be a risk of ecstasy use?
- a. It can cause heart attacks and strokes.
 - b. It leads to rapid physiological dependence.
 - c. It is associated with depression and anxiety.
 - d. It may cause memory deficits.

ANSWER: b

113. Psychology began with an interest in the study of consciousness, then consciousness was ignored by behaviourists, then consciousness became an interesting topic again in the 1960s. Which unifying theme in psychology reflects this pattern of study?
- a. Psychology evolves in a sociohistorical context.
 - b. Behaviour is determined by multiple causes.
 - c. Behaviour is shaped by cultural heritage.
 - d. People's experience of the world is highly subjective.

ANSWER: a

114. Which unifying theme in psychology is best reflected by the observations that both the setting in which a psychoactive drug is taken and an individual's expectations influence the drug's effect?
- a. Behaviour is shaped by cultural heritage.
 - b. People's experience of the world is highly subjective.
 - c. Psychology evolves in a sociohistorical context.
 - d. Behaviour is determined by multiple causes.

ANSWER: b

115. There are multiple theories about the mechanisms and function of hypnosis, and each of these theories provides important perspectives on the topic. Which of the unifying themes of psychology is reflected in this example?
- a. Behaviour is determined by multiple causes.
 - b. Psychology evolves in a sociohistorical context.
 - c. Psychology is theoretically diverse.
 - d. Behaviour is shaped by cultural heritage.

ANSWER: c

Chapter 5 - Variations in Consciousness

116. Which unifying theme in psychology is reflected by the observations that many approaches to meditation are rooted in Eastern religions, and that some societies use hallucinogens in religious practices?
- Psychology evolves in a sociohistorical context.
 - Behaviour is determined by multiple causes.
 - People's experience of the world is highly subjective.
 - Behaviour is shaped by cultural heritage.

ANSWER: d

117. Your friend has been sleeping six hours each night and is wondering if he is sleep-deprived. Which of the following statements is most accurate about your friend's sleep patterns?
- Six hours per night is below average, but if your friend feels rested and productive then it might be normal for him.
 - Sleep deprivation is defined as fewer than six hours sleep per night, so your friend is close to a risky level.
 - Six hours per night is typical and sufficient for most young adults.
 - Each person is different and there is no such thing as a typical amount of sleep.

ANSWER: a

118. Which of the following is likely about people who rarely remember their dreams?
- They experience narcolepsy.
 - They experience lucid dreams.
 - They have their last REM sleep period immediately before they awaken.
 - They have their last REM sleep period a relatively long time before they awaken.

ANSWER: d

119. Teresa was reading a book about dream interpretation that suggested that her dreams about eating ladybugs reflected a desire to start her own business. What term would Freud use to describe this "revealed" meaning in Teresa's dream?
- factual content
 - symbolic content
 - latent content
 - manifest content

ANSWER: c

120. Connie was having a dream in which she met a celebrity. At one point she thought "I must be dreaming!" and from that point on she engaged in her dream and controlled it. What is this type of experience called?
- latent dreaming
 - lucid dreaming
 - night terrors
 - somnambulism

ANSWER: b

Chapter 5 - Variations in Consciousness

121. Imagine that you are a researcher conducting a study on the effectiveness of a new treatment that is hoped will be beneficial in helping alcoholics reduce their drinking. Which of the following is most important for you to do?
- provide an operational definition of alcoholism
 - know if alcoholism is a disease or not
 - determine whether alcoholism is a moral weakness or not
 - know how the medical and psychological community currently define alcoholism

ANSWER: a

122. What is the term for the logical fallacy of mistaking a label or definition for an explanation that is involved in circular reasoning?
- inductive fallacy
 - deductive fallacy
 - ordinal fallacy
 - nominal fallacy

ANSWER: d

123. Which of the following are present during both meditation and stage 1 sleep?
- theta waves
 - sleep spindles
 - beta waves
 - delta waves

ANSWER: a

124. Which of the following terms is appropriate for describing Erick and Pauline's sleep problems?
- Erick has insomnia and Pauline has sleep apnea.
 - Erick has somnambulism and Pauline has insomnia.
 - They both have insomnia.
 - They both have narcolepsy.

ANSWER: c

125. If Pauline's doctor gave her a psychoactive drug that is typically used as a sleeping aid, which type of drug would it be?
- a counterintuitive stimulant
 - a benzodiazepine sedative
 - a narcotic
 - melatonin

ANSWER: b

Chapter 5 - Variations in Consciousness

126. Which of the following is true of the treatments that Erick and Pauline have chosen?
- a. Meditation will have no real effects, and drug treatment will make things only worse.
 - b. Both treatments may be effective in the short term, but meditation is most likely to have a longer-term effect.
 - c. Neither treatment will be effective at first, but both will have cumulative effects if Erick and Pauline stick with them.
 - d. Meditation will have good short-term effects, but drug treatment will have a lasting effect.

ANSWER: b

127. What is a likely consequence of Pauline's use of the drug?
- a. paranoia and anxiety
 - b. dry mouth and euphoria
 - c. rapid tolerance development and dependence
 - d. increased blood pressure and heart rate

ANSWER: c