

## Chapter 5—Variations in Consciousness

### MULTIPLE CHOICE

1. What types of awareness are included in the concept of consciousness?

a.	<b>awareness of internal and external stimuli</b>
b.	awareness of internal stimuli, and awareness of thinking
c.	awareness of self, and awareness of internal stimuli
d.	awareness of external stimuli, and perceptions of those external stimuli

ANS: A                      PTS: 1                      REF: p. 200                      BLM: Remember

2. What metaphor did William James use to describe the changing nature of consciousness?

a.	<b>stream</b>
b.	flower garden
c.	incomplete picture puzzle
d.	partially submerged iceberg

ANS: A                      PTS: 1                      REF: p. 200                      BLM: Higher order

3. What is the relationship between attention and consciousness?

a.	You may attend to something, or you may be conscious of it, but not both.
b.	You will be conscious only of things that you attend to.
c.	<b>They may coexist, but you can have either one without the other.</b>
d.	You can attend only to things that you are conscious of.

ANS: C                      PTS: 1                      REF: p. 201                      BLM: Remember

4. There is evidence that people under surgical anesthesia occasionally hear and remember comments that were made during their surgeries. What does this evidence suggest?

a.	There is no difference between conscious and unconscious processes.
b.	Psychic abilities are more pronounced when certain types of drugs are administered.
c.	We have the ability to resist the effects of anesthesia.
d.	<b>People continue to maintain some awareness during times of unconsciousness.</b>

ANS: D                      PTS: 1                      REF: p. 201                      BLM: Higher order

5. Which of the following types of tasks is likely to lead to mind-wandering?

a.	engaging in an argument, because it is a cognitive task
b.	learning to ride a bike, because it is a physical task
c.	looking for your keys, because it is a deliberate task
d.	<b>walking to work, because it is a familiar task</b>

ANS: D                      PTS: 1                      REF: p. 201                      BLM: Higher order

6. What area of the brain is monitored with an electroencephalograph for the purpose of sleep research?

a.	medulla
b.	<b>cerebral cortex</b>
c.	hypothalamus
d.	corpus callosum

ANS: B                      PTS: 1                      REF: p. 202                      BLM: Remember

7. What does an electroencephalograph measure?

a.	respiration rates as an index of arousal
b.	glucose metabolism in the brain
c.	<b>electrical activity of the brain</b>
d.	muscle tension in the body

ANS: C                      PTS: 1                      REF: p. 202                      BLM: Remember

8. What electroencephalograph pattern is associated with normal, waking, alert states?

a.	<b>beta</b>
b.	delta
c.	alpha
d.	gamma

ANS: A                      PTS: 1                      REF: p. 202                      BLM: Remember

9. Jacob is attached to an electroencephalograph and it is recording brain waves at 20 cycles per second. What state is Jacob most likely in?

a.	deeply relaxed and meditating
b.	in very deep sleep
c.	<b>alert and awake</b>
d.	lightly sleeping

ANS: C                      PTS: 1                      REF: p. 202                      BLM: Higher order

10. Megan is working through an extremely difficult calculus problem. What sort of brain wave pattern would be recorded if the overall electrical activity in her brain was being recorded at this time?

a.	between 8 and 12 cycles per second
b.	between 4 and 7 cycles per second
c.	fewer than 4 cycles per second
d.	<b>between 13 and 24 cycles per second</b>

ANS: D                      PTS: 1                      REF: p. 202                      BLM: Higher order

11. With what state of consciousness is the delta wave electroencephalograph pattern associated?

a.	<b>deep sleep</b>
b.	dreaming
c.	agitation
d.	a waking state

ANS: A                      PTS: 1                      REF: p. 202                      BLM: Remember

12. Nicole has just slipped into a light sleep. If Nicole were being monitored by an electroencephalograph, what type of brain wave would be recorded?

a.	beta
b.	delta
c.	<b>theta</b>
d.	alpha

ANS: C                      PTS: 1                      REF: p. 202                      BLM: Higher order

13. Which of the following typically occurs with conscious deliberation, according to the Featured Study that looked at the merits of unconscious thought?

a.	People tend to be overly confident in their abilities to be objective.
b.	<b>People tend to focus on only a few aspects of the problem.</b>
c.	People tend to make the choice that others think they should make.
d.	People tend to take too much time considering all aspects of the problem.

ANS: B                      PTS: 1                      REF: p. 203                      BLM: Remember

14. Which group made the most accurate decisions according to the Featured Study that looked at decision-making using conscious or unconscious thought?

a.	<b>the group that made a decision after completing a complex distraction task</b>
b.	the group that made a decision after a brief period of meditation
c.	the group that was forced to make a decision immediately after seeing the options
d.	the group that made a decision after being told to consciously weigh the costs and benefits of each option.

ANS: A                      PTS: 1                      REF: p. 203                      BLM: Remember

15. You have to make a somewhat important decision, and you've just reviewed all the relevant information. Which of the following activities should you engage in before making your decision, based on the results of the Featured Study on conscious and unconscious thought?

a.	take a nap
b.	<b>do some challenging crossword puzzles</b>
c.	sit and think about each of the options
d.	read over all the information again

ANS: B                      PTS: 1                      REF: p. 203                      BLM: Higher order

16. When are we most likely to fall asleep, according to recent research?

a.	when our body temperature stabilizes at normal
b.	when it gets dark
c.	as our body temperature begins to climb
d.	<b>as our body temperature begins to drop</b>

ANS: D                      PTS: 1                      REF: p. 205                      BLM: Remember

17. Kayla's core body temperature has risen 1.5 degrees in the last half hour. Which of the following is most likely?

a.	Kayla has been meditating for the past 30 minutes.
b.	Kayla has just fallen asleep.
c.	Kayla will fall asleep in the next 60 minutes.
d.	<b>Kayla has just woken up.</b>

ANS: D                      PTS: 1                      REF: p. 205                      BLM: Higher order

18. Brandon's endocrine system is releasing high levels of growth hormones. Which of the following is most likely?

a.	Brandon woke up less than an hour ago.
b.	Brandon will fall asleep in the next 60 minutes.
c.	<b>Brandon fell asleep less than an hour ago.</b>
d.	Brandon will wake up in less than 60 minutes.

ANS: C                      PTS: 1                      REF: p. 205                      BLM: Higher order

19. In general, research into circadian rhythms has found that overall level of alertness and body temperature are related. What is the nature of that relationship?

a.	They are positively correlated in females and negatively correlated in males.
b.	They are positively correlated in younger people, but the relationship breaks down as we age.
c.	They are negatively correlated.
d.	<b>They are positively correlated.</b>

ANS: D                      PTS: 1                      REF: p. 205                      BLM: Higher order

20. When the first astronauts travel to Mars, they will be travelling for long periods of time with no external time cues. What change would you predict for the circadian rhythms of those astronauts?

a.	<b>They would drift toward a slightly longer cycle.</b>
b.	They would become sporadic and show no definite pattern.
c.	They would stay synchronized with a 24-hour cycle.
d.	They would become synchronized with the light pattern around Mars.

ANS: A                      PTS: 1                      REF: p. 206                      BLM: Higher order

21. Ana is taking part in an experiment in which she has agreed to be completely isolated in a room with no windows or clocks for seven days. The lights in the room will be on constantly, and she can call and ask for food whenever she feels hungry. Normally Ana falls asleep around 10:00 p.m. What would you expect to happen to her sleep pattern after seven days of being cut off from external time cues?

a.	<b>She would fall asleep at approximately 11:30 p.m., 1 1/2 hours later than normal.</b>
b.	She would still fall asleep at approximately 10:00 p.m., but sleep longer.
c.	She would fall asleep at 8:30 p.m., 1 1/2 hours earlier than normal.
d.	She would sleep for only a few hours at a time, several times each day.

ANS: A                      PTS: 1                      REF: p. 206                      BLM: Higher order

22. Which of the following statements about circadian rhythms in humans is most accurate?

a.	Circadian rhythms are apparently a uniquely human adaptation.
b.	Circadian rhythms in humans tend to function on a 30-day cycle.
c.	In the absence of natural light, humans show no indication of having circadian rhythms.
d.	<b>Circadian rhythms in humans actually appear to be regulated by several internal clocks.</b>

ANS: D                      PTS: 1                      REF: p. 206                      BLM: Higher order

23. Some researchers have suggested that our 24-hour sleep/wake cycle may partially be a response to a world where the sun rises and sets on a 24-hour cycle. Imagine that the earth is gradually slowing down, and in 10,000 years the sun rises and sets on a 26-hour cycle instead. Which of the following would be similar to the sleep patterns of humans in that future world?

a.	People would develop an even shorter 22-hour sleep/wake cycle.
b.	People would still fall asleep once every 24 hours.
c.	<b>People would fall asleep once every 26 hours.</b>
d.	People would show no consistent wake-sleep cycle.

ANS: C                      PTS: 1                      REF: p. 206                      BLM: Higher order

24. Some researchers have suggested that our 24-hour sleep/wake cycle may partially be a response to a world where the sun rises and sets on a 24-hour cycle. Imagine that the earth is gradually speeding up, and in 10,000 years the sun rises and sets on a 22-hour cycle instead. Which of the following would be similar to the sleep patterns of humans in that future world?

a.	People would show no consistent wake-sleep cycle.
b.	People would still fall asleep once every 24 hours.
c.	<b>People would fall asleep once every 22 hours.</b>
d.	People would develop an even longer 26-hour sleep/wake cycle.

ANS: C                      PTS: 1                      REF: p. 206                      BLM: Higher order

25. Which of the following helps explain why shift-workers have an increased risk of accidents and poor health?

a.	They often work longer hours due to overtime, which leads to less alertness at the end of long shifts.
b.	Much of their work is conducted at night, where visibility and lower temperatures affect health and safety.
c.	Their circadian rhythms lengthen to approximately 28 hours per 'day'.
d.	<b>They get less sleep and poorer quality sleep.</b>

ANS: D                      PTS: 1                      REF: p. 206                      BLM: Remember

26. If you are on a sports team that must travel across several time zones for a big game, which of the following situations would result in the best odds of your team winning?

a.	Travel west the night before the game
b.	Travel east the day of the game
c.	<b>Travel west two days before the game</b>
d.	Travel east the night before the game

ANS: C                      PTS: 1                      REF: p. 206                      BLM: Higher order

27. Which hormone appears to play a key role in adjusting our biological clocks?

a.	serotonin
b.	<b>melatonin</b>
c.	phenylalanine
d.	cholecystokinin

ANS: B                      PTS: 1                      REF: p. 206                      BLM: Remember

28. What is likely to occur after signals are sent from the suprachiasmatic nucleus to the pineal gland?

a.	<b>Circadian rhythms will be reset.</b>
b.	Alpha rhythms will be generated.
c.	Sleep will be induced.
d.	The individual will begin to dream.

ANS: A                      PTS: 1                      REF: p. 206                      BLM: Higher order

29. Which of the following appears to be the sequence of events associated with resetting one's biological clock?

a.	The thalamus signals the optic chiasm, which in turn causes a release of the hormone philoxin, which activates the renal gland.
b.	The hypothalamus signals the thalamus, which in turn sends signals to the medial forebrain bundle.
c.	The superior colliculus signals the thalamus, which stimulates Broca's area.
d.	<b>The suprachiasmatic nucleus signals the pineal gland, which in turn secretes the hormone melatonin.</b>

ANS: D                      PTS: 1                      REF: p. 206                      BLM: Higher order



30. Gunther is a news anchor who just flew from Vancouver to Paris, crossing eight time zones. What can you predict for Gunther, based on what is known about jet lag?

a.	He will take 48 hours to adjust to the new time zone.
b.	He will not experience any jet lag because he has flown west to east.
c.	<b>He will take just over a week to adjust to the new time zone.</b>
d.	He will take about four days to adjust to the new time zone.

ANS: C                      PTS: 1                      REF: p. 206                      BLM: Higher order

31. After which of the following flights would a flight attendant experience the most jet lag, based on what is known about circadian rhythms and jet lag?

a.	Montreal to Vancouver (east to west)
b.	<b>Victoria to Toronto (west to east)</b>
c.	Edmonton to Los Angeles (north to south)
d.	Orlando to Halifax (south to north)

ANS: B                      PTS: 1                      REF: p. 206                      BLM: Higher order

32. Which of the following is known about people who work on rotating shift schedules (“shift workers”) compared to people who work the same shift all the time?

a.	<b>Shift workers have more accidents and are less productive.</b>
b.	Shift workers are more likely to have accidents, but are more productive.
c.	Shift workers are more likely to have accidents, but are equally productive.
d.	Shift workers have fewer accidents, but are less productive.

ANS: A                      PTS: 1                      REF: p. 206                      BLM: Remember

33. Which of the following occurs when we set the clock ahead in the spring for Daylight Savings Time?

a.	There is a reduction in industrial accidents associated with changing day length.
b.	<b>There is an increase in traffic accidents for a week after the switch.</b>
c.	There are damaging effects to the pineal gland.
d.	There is an improvement in quality of sleep for people in the Southern Hemisphere.

ANS: B                      PTS: 1                      REF: p. 207                      BLM: Remember

34. Which of the following helps reduce the effects of jet lag?

a.	stimulating the release of endorphins
b.	consuming caffeine
c.	using a nicotine patch
d.	<b>taking melatonin</b>

ANS: D                      PTS: 1                      REF: p. 207                      BLM: Remember

35. What does an electromyograph record?

a.	contractions of the heart
b.	eye movements
c.	brain wave activity

d.	<b>muscular activity and tension</b>
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ANS: D                      PTS: 1                      REF: p. 208                      BLM: Remember

36. What is the state of consciousness known as sleep, according to behavioural and physiological research?

a.	active in terms of mental changes, but inactive in terms of physiological changes
b.	<b>several distinct stages, each with its own characteristic level of mental and physical activity</b>
c.	a relatively uniform experience, with the exception of periods of dreaming
d.	a uniform state in which the brain is “turned off” temporarily

ANS: B                      PTS: 1                      REF: p. 208                      BLM: Higher order

37. Felicia is a participant in a study on stress reactions. Which of the following instruments would most likely be used to measure her muscle tension?

a.	polygraph
b.	electroencephalograph
c.	circadiometer
d.	<b>electromyograph</b>

ANS: D                      PTS: 1                      REF: p. 208                      BLM: Higher order

38. Which of the following instruments would be most useful for documenting the eye movements associated with REM sleep?

a.	electromyograph
b.	electroviscerograph
c.	<b>electrooculograph</b>
d.	electroencephalograph

ANS: C                      PTS: 1                      REF: p. 208                      BLM: Remember

39. Which of the following instruments is NOT usually used to monitor sleep in the laboratory?

a.	electromyograph
b.	<b>positron emission tomography</b>
c.	electroencephalograph
d.	electrooculograph

ANS: B                      PTS: 1                      REF: p. 208                      BLM: Remember

40. Which EEG brain-wave patterns are found in stage 1 sleep?

a.	theta
b.	REM
c.	synchronisitic
d.	alpha

ANS: A                      PTS: 1                      REF: p. 208                      BLM: Remember

41. Katja is listening to a lecture in a hot lecture hall, late on a Friday afternoon. She starts to feel drowsy, and then falls into a light sleep. Which of the following shifts would be observed if her brain wave patterns were being monitored?

a.	theta waves to beta waves and finally to alpha waves
b.	beta waves to theta waves and finally to alpha waves
c.	alpha waves to beta waves and finally to delta waves
d.	<b>beta waves to alpha waves and finally to theta waves</b>

ANS: D                      PTS: 1                      REF: p. 208                      BLM: Higher order

42. An electroencephalograph (EEG) is recording Alyssa's brain activity. She has just entered stage 1 sleep when there is a sudden, loud crash in the sleep lab. Which of the following is most likely?

a.	The EEG will temporarily show a flat line before returning to theta waves.
b.	There will be a sleep spindle recorded on the EEG at the time of the crash.
c.	<b>The crash will wake Alyssa from her relatively light sleep.</b>
d.	The noise of the crash will be incorporated into the dream Alyssa is currently experiencing.

ANS: C                      PTS: 1                      REF: p. 209                      BLM: Higher order

43. Harpreet is hooked up to an electroencephalograph (EEG) in a sleep lab. As the researcher watches the printout from the EEG, theta waves appear. What can the researcher conclude, based on this information?

a.	Harpreet is still awake, but is relaxed and drowsy.
b.	Harpreet is currently in REM sleep.
c.	<b>Harpreet has just entered stage 1 sleep.</b>
d.	Harpreet has just entered stage 3 sleep.

ANS: C                      PTS: 1                      REF: p. 209                      BLM: Higher order

44. Which stage of sleep is characterized by sleep spindles, which appear against a background of mixed, mostly lower frequency EEG activity?

a.	stage 1
b.	<b>stage 2</b>
c.	stage 4
d.	REM

ANS: B                      PTS: 1                      REF: p. 209                      BLM: Remember

45. Renaude is hooked up to an electroencephalograph (EEG) in a sleep lab. As the researcher watches the printout from the EEG, sleep spindles begin to appear. What can the researcher conclude about Renaude's state of consciousness, based on this information?

a.	<b>She has just entered stage 2 sleep.</b>
b.	She is currently in REM sleep.
c.	She has just entered stage 1 sleep.
d.	She is still awake, but is relaxed and drowsy.

ANS: A                      PTS: 1                      REF: p. 209                      BLM: Higher order

46. Rebecca is hooked up to an electroencephalograph (EEG) in a sleep lab. As the researcher watches the printout from the EEG, delta waves appear. What can the researcher conclude about Renaude's state of consciousness, based on this information?

a.	She is currently in REM sleep.
b.	She has just entered stage 1 sleep.
c.	<b>She has just entered stage 3 sleep.</b>
d.	She is still awake, but is relaxed and drowsy.

ANS: C                      PTS: 1                      REF: p. 209                      BLM: Higher order

47. An electroencephalograph (EEG) is recording Juan's brain activity, and the recording is currently dominated by delta waves. Unexpectedly, there is a loud crash in the sleep lab. Which of the following is likely?

a.	<b>There will be no change in the EEG, and Juan's sleep will not be interrupted.</b>
b.	There will be a sleep spindle recorded on the EEG at the time of the crash.
c.	The noise of the crash will be incorporated into the dream Juan is currently experiencing.
d.	The crash will wake Juan from his relatively light sleep.

ANS: A                      PTS: 1                      REF: p. 209                      BLM: Higher order

48. In which stage of sleep do the slowest brain waves occur?

a.	stage 1
b.	stage 2
c.	REM
d.	<b>stage 4</b>

ANS: D                      PTS: 1                      REF: p. 209                      BLM: Remember

49. Bailey is hooked up to an electroencephalograph (EEG) in a sleep lab. She has been asleep for just over an hour now, and her EEG is showing low amplitude, irregular brain wave patterns. Her breathing and pulse rate are irregular, and her eyes are darting back and forth beneath her closed eyelids. What can the researcher conclude about Bailey's state of consciousness?

a.	She is experiencing sleep apnea and needs immediate medical attention.
b.	She suffers from a sleep disorder.
c.	<b>She has just entered REM sleep.</b>
d.	She has just entered stage 4 sleep.

ANS: C                      PTS: 1                      REF: p. 209                      BLM: Higher order

50. Which of the following states of consciousness is associated with beta waves, dreaming, rapid eye movements, and profound muscle relaxation?

a.	stage 1 sleep
b.	stage 2 sleep
c.	<b>REM sleep</b>
d.	relaxed wakefulness

ANS: C

PTS: 1

REF: p. 209

BLM: Remember

51. Dr. Singh is observing Robert in a sleep lab. Dr. Singh intends to wake Robert each time he begins REM sleep. At what point should Robert be awakened, based on the electroencephalograph (EEG) recordings?

a.	<b>onset of low-voltage, high frequency beta waves</b>
b.	onset of alpha wave activity
c.	onset of sleep spindles
d.	onset of theta wave activity

ANS: A                      PTS: 1                      REF: p. 209                      BLM: Higher order

52. Which of the following is true of voluntary muscle activity during sleep?

a.	It does not occur in NREM sleep.
b.	It does not occur during either REM or NREM sleep.
c.	<b>It is at its lowest during REM sleep.</b>
d.	It is at its highest during REM sleep.

ANS: C                      PTS: 1                      REF: p. 209                      BLM: Remember

53. With which stage of sleep is dreaming typically associated?

a.	<b>REM sleep</b>
b.	stage 1 sleep
c.	stage 2 sleep
d.	stage 4 sleep

ANS: A                      PTS: 1                      REF: p. 209                      BLM: Remember

54. “Manny got out of bed and began doing calisthenics during REM sleep, probably because he was dreaming about boot camp.” What is wrong with this statement?

a.	Research shows that no dreaming takes place in REM sleep.
b.	<b>Research shows that we are virtually paralyzed in REM sleep.</b>
c.	Sleep is a relaxed condition of the body and, as such, precludes physical activity.
d.	Manny was never in boot camp so he is not likely to be dreaming about it.

ANS: B                      PTS: 1                      REF: p. 209                      BLM: Higher order

55. Which of the following is NOT associated with REM sleep?

a.	irregular breathing
b.	irregular pulse rate
c.	<b>heightened muscle tension</b>
d.	dreaming

ANS: C                      PTS: 1                      REF: p. 209                      BLM: Higher order

56. Olivia has trouble sleeping for more than four hours each night. Which of the following is Olivia likely to experience?

a.	more sleep spindles than people who sleep for a full eight hours
b.	less deep sleep than people who sleep for a full eight hours
c.	more vivid dreams than people who sleep for a full eight hours

d.	<b>less REM sleep than people who sleep for a full eight hours</b>
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ANS: D                      PTS: 1                      REF: p. 211                      BLM: Higher order

57.      What does the sleep cycle tend to contain as it recurs through the night?

a.	more stage 4 and less REM
b.	more stage 4 and more REM
c.	less stage 4 and less REM
d.	<b>less stage 4 and more REM</b>

ANS: D                      PTS: 1                      REF: p. 211                      BLM: Remember

58.      When can we expect to do the most dreaming, given the cyclical nature of sleep?

a.	in the middle of the night's sleep
b.	toward the beginning of the night's sleep
c.	in NREM sleep
d.	<b>toward the end of the night's sleep</b>

ANS: D                      PTS: 1                      REF: p. 211                      BLM: Higher order

59.      During adulthood, there are changes in the proportions of sleep stages. Which of the following shows a gradual decline as we age?

a.	stage 1 sleep
b.	stage 2 sleep
c.	<b>slow-wave sleep</b>
d.	all stages of NREM sleep

ANS: C                      PTS: 1                      REF: p. 211                      BLM: Remember

60.      Christopher is 16 and he is visiting his grandfather for the weekend. If you could compare EEG recordings from Christopher's sleep and from his grandfather's sleep, which of the following should you expect?

a.	Both these individuals will sleep for the same length of time, but Christopher's grandfather will spend substantially less time in REM sleep.
b.	Both these individuals will sleep for the same length of time, but Christopher's grandfather will spend substantially more time in REM sleep.
c.	<b>His grandfather will sleep less than Christopher, but both will spend about 20 percent of their sleep time in REM sleep.</b>
d.	His grandfather will sleep less than Christopher, and also experience proportionately less REM sleep.

ANS: C                      PTS: 1                      REF: p. 211                      BLM: Higher order

61.      Ming is 12, and her Aunt Lin has come for a visit. Aunt Lin is using the spare bed in Ming's room. Several times during the night, Aunt Lin awakens briefly and then falls back to sleep. Ming doesn't awaken at all during the night. Which of the following research results best explains this difference in sleep patterns?

a.	During adulthood the proportion of REM sleep gradually declines.
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b.	The elderly are more affected by jet lag and shifts in their circadian rhythms.
c.	During adulthood the proportion of slow-wave sleep increases significantly.
d.	<b>During adulthood the proportion of slow-wave sleep gradually declines.</b>

ANS: D                      PTS: 1                      REF: p. 211                      BLM: Higher order

62. Riley is happy this morning because Jennifer, his four-month-old infant, finally slept through the night for the first time. What would comparisons of EEG recordings show if they were available for both Riley and Jennifer?

a.	Jennifer spent only half as much time in REM sleep.
b.	<b>Jennifer spent more than twice as much time in REM sleep.</b>
c.	Both Riley and Jennifer spent the same proportion of time in REM sleep.
d.	Most of Jennifer's REM sleep occurred just after she had fallen asleep, and most of Riley's REM sleep occurred just before he awakened.

ANS: B                      PTS: 1                      REF: p. 211                      BLM: Higher order

63. Which of the following is most likely to differ between cultures?

a.	frequency of recalled dreams
b.	rate of sleep disorders
c.	<b>acceptance of co-sleeping</b>
d.	proportion of stage 1 sleep

ANS: C                      PTS: 1                      REF: p. 212                      BLM: Higher order

64. Which of the following is more common in tropical climates??

a.	narcolepsy
b.	<b>napping</b>
c.	sleep paralysis
d.	repeated waking during the night

ANS: B                      PTS: 1                      REF: p. 212                      BLM: Higher order

65. Cody is visiting his pen pal in a tropical, non-industrialized village. Which of the following is Cody likely to observe about the inhabitants of the village?

a.	They are less likely than Canadians are to encourage co-sleeping.
b.	They experience less REM sleep than is typical for Canadians.
c.	They experience less slow-wave sleep than is typical for Canadians.
d.	<b>They take a one-to-two-hour midday nap each day.</b>

ANS: D                      PTS: 1                      REF: p. 212                      BLM: Higher order

66. Which of the following brain structures appears to be most important to sleep and wakefulness?

a.	cerebellum
b.	hippocampus
c.	corpus callosum
d.	<b>reticular formation</b>

ANS: D                      PTS: 1                      REF: p. 213                      BLM: Remember



67. Melanie was in a car accident, and when she hit her head, the ascending fibres in her reticular activating system were damaged. Which of the following is a likely consequence of the injury?

a.	She will no longer experience stage 2 or stage 3 sleep.
b.	<b>She will be in a coma.</b>
c.	She will not be able to sleep for more than a few minutes at a time.
d.	She will no longer experience REM sleep.

ANS: B                      PTS: 1                      REF: p. 213                      BLM: Higher order

68. Dakota is taking a prescription drug, and one of the side effects of the drug is an increase in the stimulation of ascending fibres in the reticular activating system. Which of the following is Dakota likely to experience?

a.	He will begin to dream during stage 3 and 4 sleep.
b.	<b>He will have difficulty falling asleep.</b>
c.	He will no longer experiences REM sleep.
d.	He will want to sleep all the time.

ANS: B                      PTS: 1                      REF: p. 213                      BLM: Higher order

69. Imagine that a human was born with no pons in the hindbrain. What would you predict about sleep for this person?

a.	<b>no REM sleep</b>
b.	constant sleep
c.	no sleep
d.	no NREM sleep

ANS: A                      PTS: 1                      REF: p. 213                      BLM: Higher order

70. For the past month, Mikail has been getting only five to six hours of sleep, instead of the eight hours he is used to. Which of the following is a likely consequence of Mikail's reduced sleep?

a.	<b>impaired attention, especially on monotonous tasks</b>
b.	hallucinations and general disorientation
c.	inability to solve complex problems
d.	night terrors when he actually does fall asleep

ANS: A                      PTS: 1                      REF: p. 214                      BLM: Higher order

71. What is the relationship between performance and self-perception among sleep deprived participants, based on evidence from research that tests the cognitive abilities of people who have been sleep deprived?

a.	<b>They perform poorly, but feel as if they have performed well.</b>
b.	They perform poorly, but not so poorly as they expected.
c.	They perform well, but are overconfident.
d.	They perform well, but feel as if they are performing poorly.

ANS: A                      PTS: 1                      REF: p. 214                      BLM: Remember



72. What will a person experience after being selectively deprived of REM sleep??

a.	emotionality
b.	NREM
c.	hypochondriasis
d.	<b>REM rebound</b>

ANS: D                      PTS: 1                      REF: p. 215                      BLM: Remember

73. Kara has just fallen asleep and immediately slips into REM. What has Kara probably experienced recently?

a.	biofeedback training
b.	alcohol overdose
c.	NREM rebound
d.	<b>selective sleep deprivation</b>

ANS: D                      PTS: 1                      REF: p. 215                      BLM: Higher order

74. While serving as a subject at a sleep clinic, Tiana is deprived of dreaming for several nights. Which of the following is a likely result?

a.	<b>She will experience REM rebound and spend more time in REM sleep on subsequent nights.</b>
b.	She will become accustomed to going without dreaming and spend less time in REM sleep on subsequent nights.
c.	She will have difficulty achieving REM on subsequent nights.
d.	She will immediately return to a normal sleep cycle when she is allowed to sleep through the night.

ANS: A                      PTS: 1                      REF: p. 215                      BLM: Higher order

75. Shelby took part in a research study in which, for three consecutive nights, she was awakened each time she entered REM sleep. What will happen when Shelby is back at home?

a.	<b>She will spend extra time in REM sleep for several nights.</b>
b.	She will develop insomnia and show general disturbances in her sleep patterns.
c.	She will spend less time in REM sleep than she did before she took part in the study.
d.	She will spend extra time in both slow-wave and REM sleep for several nights.

ANS: A                      PTS: 1                      REF: p. 215                      BLM: Higher order

76. What happens to people who are selectively deprived of slow-wave sleep for several nights in a row?

a.	<b>They make up for the lost slow-wave sleep when allowed to sleep normally again.</b>
b.	They suffer no ill effects whatsoever.
c.	They need to be awakened less and less frequently as the deprivation goes on.
d.	They spend more time in REM sleep to compensate.

ANS: A

PTS: 1

REF: p. 215

BLM: Remember

77. Pascal took part in a research study in which, for three consecutive nights, he was awakened each time he entered slow-wave sleep. What will happen when Pascal is back at home?

a.	He will develop insomnia and show general disturbances in his sleep patterns.
b.	He will spend extra time in both slow-wave and REM sleep for several nights.
c.	He will spend less time in slow-wave sleep than he did before he took part in the study.
d.	<b>He will spend extra time in slow-wave sleep for several nights.</b>

ANS: D                      PTS: 1                      REF: p. 215                      BLM: Higher order

78. Which stages of sleep appear to be important for consolidation of various types of memory?

a.	<b>slow-wave and REM sleep</b>
b.	stage 1 and slow-wave sleep
c.	stages 1 and 4 sleep
d.	stage 2 and REM sleep

ANS: A                      PTS: 1                      REF: p. 215                      BLM: Remember

79. Which stage of sleep appears to be important for neurogenesis?

a.	Stage 1
b.	Stage 2
c.	NREM
d.	<b>REM</b>

ANS: D                      PTS: 1                      REF: p. 216                      BLM: Remember

80. Which of the following groups should have the highest mortality risk?

a.	people who typically sleep fewer than 7 hours per night
b.	<b>people who typically sleep more than 10 hours per night</b>
c.	people who typically sleep 7-8 hours per night
d.	people who experience pseudo-insomnia

ANS: B                      PTS: 1                      REF: p. 216                      BLM: Remember

81. What is the most common known sleep disorder?

a.	<b>insomnia</b>
b.	night terrors
c.	somnambulism
d.	sleep apnea

ANS: A                      PTS: 1                      REF: p. 217                      BLM: Remember

82. For the past week, Laura has had difficulty falling asleep at night. Even though she goes to bed at her usual time, she lies awake for several hours before she finally drifts off to sleep. What is Laura experiencing?

a.	<b>insomnia</b>
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b.	night terrors
c.	narcolepsy
d.	sleep apnea

ANS: A                      PTS: 1                      REF: p. 217                      BLM: Higher order

83. Parminder has no trouble falling asleep, but she has difficulty remaining asleep. What is Parminder suffering from?

a.	<b>insomnia</b>
b.	narcolepsy
c.	sleep apnea
d.	pseudoinsomnia

ANS: A                      PTS: 1                      REF: p. 217                      BLM: Higher order

84. Anna has noticed that for the past three weeks she is unable to sleep for more than five hours at a time, even though she used to regularly get eight hours of sleep per night. She wakes early in the morning and just can't fall back to sleep. What has Anna developed?

a.	sleep apnea
b.	pseudoinsomnia
c.	somnambulism
d.	<b>insomnia</b>

ANS: D                      PTS: 1                      REF: p. 217                      BLM: Higher order

85. What do we call it when people think they are not getting enough sleep even when they tend to sleep very well?

a.	insomnia
b.	hypersomnia
c.	<b>pseudoinsomnia</b>
d.	sleep apnea

ANS: C                      PTS: 1                      REF: p. 217                      BLM: Remember

86. What is the cause of insomnia according to the hyperarousal model?

a.	stimulant drugs including caffeine
b.	<b>an overactive nervous system</b>
c.	overwork and pressure
d.	subclinical mood disorders

ANS: B                      PTS: 1                      REF: p. 217                      BLM: Remember

Erika has been having trouble with sleep lately. In particular, she finds that her mind races with minor worries when she tries to go to sleep. When she does fall asleep, she doesn't tend to stay asleep for very long. One night, Erika has three glasses of wine before bed. She falls asleep easily that night, but even after 8 hours of sleep she woke up feeling unrested. Erika talked to her friend Betsy about her sleep problems and Betsy invited Erika to join her for her weekly yoga class. Betsy claimed that yoga really helped her to sleep well. In the class, Erika learned how to do some basic meditation. That night, Erika tried some of the meditation

techniques just before going to bed. She had a great sleep, and woke up feeling much more refreshed than she had in weeks.

87. Erika's sleep problems are consistent with which sleep disorder?

a.	somnambulism
b.	narcolepsy
c.	<b>insomnia</b>
d.	sleep apnea

ANS: C                      PTS: 1                      REF: p. 217                      BLM: Remember

88. When Erika uses alcohol to sleep, why does she not wake up feeling rested?

a.	Alcohol increases activity in the reticular activating system, which leads to immediate sleep but makes a person feel "drained" the next day.
b.	<b>Alcohol has effects similar to those of sedatives, and may prevent her from experiencing a normal sleep pattern.</b>
c.	Alcohol is a central nervous system stimulant, so she was more physiologically aroused even while sleeping.
d.	Alcohol brings on a delta-wave pattern of brain activity.

ANS: B                      PTS: 1                      REF: p. 240                      BLM: Higher order

89. Which of the following is likely to happen if Erika continues to drink that much alcohol before bed every night?

a.	Erika will develop an aversion to the alcohol, because it has become associated with insomnia.
b.	Erika will have an increase in slow-wave sleep each night, but no increase in REM sleep.
c.	Eventually, Erika will start having a solid sleep every night as the alcohol allows her to reduce her rumination.
d.	<b>Erika will develop a tolerance to the alcohol, so she will require more alcohol to have the same effect.</b>

ANS: D                      PTS: 1                      REF: p. 240                      BLM: Higher order

90. Which of the following is the best explanation for why meditation might help Erika sleep more easily?

a.	Meditation is associated with an increase in REM activity, which will make Erika feel more rested even when she is awake.
b.	<b>Meditation has been demonstrated to reduce physiological arousal, which may allow Erika to relax enough to fall sleep.</b>
c.	Meditation has very strong placebo effects, so even though it has no effect on the body Erika's expectations will allow her to fall asleep more easily.
d.	Meditation is a state of consciousness that is nearly identical to slow-wave sleep, so it trains Erika's body to be ready for real sleep.

ANS: B                      PTS: 1                      REF: p. 228                      BLM: Higher order

91. Which of the following would you expect to see if you were to observe Erika's brainwave patterns for a night or two after she started sleeping better?

a.	<b>REM rebound</b>
b.	absence of sleep spindles
c.	90 percent of sleep time spent in alpha waves
d.	no evidence of dreaming

ANS: A                      PTS: 1                      REF: p. 215                      BLM: Higher order

92. Which of the following statements regarding the use of sleeping pills is least accurate?

a.	There is some danger of overdose.
b.	They reduce the proportion of time spent in slow-wave sleep.
c.	They gradually become less effective with continued use.
d.	<b>They are a good long-term solution for insomnia.</b>

ANS: D                      PTS: 1                      REF: p. 218                      BLM: Higher order

93. For the past two weeks Cameron has been taking a mild sedative to help him fall asleep. What is he likely to experience over time?

a.	<b>He now needs to take a larger dose in order to fall asleep because over time sedatives become less effective.</b>
b.	He can take less of the drug because the effects of sedatives tend to be cumulative.
c.	He will spend more of the night dreaming than he did without the sedative.
d.	After two weeks his insomnia should be cured, and he can stop using the sedative.

ANS: A                      PTS: 1                      REF: p. 218                      BLM: Higher order

94. What tends to happen if you abruptly stop the use of a sedative for the treatment of insomnia?

a.	microsleep
b.	narcolepsy
c.	<b>rebound insomnia</b>
d.	sleep apnea

ANS: C                      PTS: 1                      REF: p. 218                      BLM: Higher order

95. Which type of treatments produce more long-lasting benefits in the treatment of insomnia than do drug therapies?

a.	<b>behavioural</b>
b.	psychoanalytic
c.	electroconvulsive shock
d.	hypnosis

ANS: A                      PTS: 1                      REF: p. 218                      BLM: Remember

96. What is the disorder characterized by sudden and irresistible onsets of sleep during normal waking periods?

a.	hypersomnia
b.	epilepsy
c.	<b>narcolepsy</b>
d.	sleep agnosia

ANS: C                      PTS: 1                      REF: p. 218                      BLM: Remember

97. Noor has episodes in which she experiences a sudden and irresistible urge to sleep during normal waking periods. Which disorder does Noor most likely suffer from?

a.	hypersomnia
b.	cretinism
c.	a lack of REM rebound
d.	<b>narcolepsy</b>

ANS: D                      PTS: 1                      REF: p. 218                      BLM: Higher order

98. What is the rare sleep disorder in which a person will, without warning, go directly from being awake into REM sleep?

a.	hypersomnia
b.	<b>narcolepsy</b>
c.	sleep apnea
d.	somnambulism

ANS: B                      PTS: 1                      REF: p. 219                      BLM: Higher order

99. Caleb wants to become a fighter pilot. Which sleep disorder would most likely make him ineligible to fly fighter planes?

a.	somnambulism
b.	<b>narcolepsy</b>
c.	sleep apnea
d.	pseudoinsomnia

ANS: B                      PTS: 1                      REF: p. 219                      BLM: Higher order

100. One hypothesis regarding the cause of SIDS in babies is that they stop breathing during sleep. Which sleep disorder causes this symptom?

a.	<b>sleep apnea</b>
b.	hypersomnia
c.	narcolepsy
d.	somnambulism

ANS: A                      PTS: 1                      REF: p. 219                      BLM: Higher order

101. What symptom is characteristic of sleep apnea?

a.	<b>reflexive gasping for air during sleep</b>
b.	extremely low rate of REM
c.	night terrors
d.	sudden, irresistible urge to sleep during normal waking hours

ANS: A                      PTS: 1                      REF: p. 219                      BLM: Remember



102. Tai's wife cannot sleep through the night. She claims that her husband seems to stop breathing in his sleep and then suddenly jerks awake, gasping for breath. This not only disturbs his sleep, but also awakens her. What sleep disorder does Tai likely have?

a.	narcolepsy
b.	<b>sleep apnea</b>
c.	pseudoinomnia
d.	night terrors

ANS: B                      PTS: 1                      REF: p. 219                      BLM: Higher order

103. Which of the following usually occurs in REM sleep?

a.	night terrors
b.	<b>nightmares</b>
c.	enuresis
d.	sleepwalking

ANS: B                      PTS: 1                      REF: p. 219                      BLM: Remember

104. Adam slept peacefully through most of the night and then at 5:00 a.m. he woke up sobbing. When his parents asked what had scared him, he told them that monsters came through the wall to attack him, and no matter how fast he ran he couldn't get away. Even though his parents told him it was just a bad dream, Adam was afraid to go back to sleep. From this description, what did Adam experience?

a.	<b>a nightmare</b>
b.	a night terror
c.	sleep seizure
d.	sleep apnea

ANS: A                      PTS: 1                      REF: p. 219                      BLM: Higher order

105. What is correlated with the experience of nightmares in adults?

a.	onset of sleep apnea
b.	sleepwalking
c.	schizophrenia, as well as other psychotic disorders
d.	<b>measures of well-being, including neuroticism, anxiety, and depression</b>

ANS: D                      PTS: 1                      REF: p. 219                      BLM: Remember

106. With which of the following are night terrors most closely associated?

a.	a somnambulistic episode
b.	severe depression
c.	emotional disturbance
d.	<b>NREM sleep</b>

ANS: D                      PTS: 1                      REF: p. 219                      BLM: Higher order

107. Kelli wakes up abruptly early in the night with intense autonomic arousal and feelings of panic. Once she calms down, she falls back to sleep easily. What has Kelli experienced?

a.	a nightmare
b.	<b>a night terror</b>
c.	a psychotic dream
d.	somnambulism

ANS: B                      PTS: 1                      REF: p. 219                      BLM: Higher order

108. Sally had been asleep for just over two hours when she suddenly let out a piercing cry and sat straight up in her bed. When her parents asked what had scared her, she really couldn't remember, and she soon fell back to sleep. From this description, what did Sally experience?

a.	a nightmare
b.	<b>a night terror</b>
c.	REM deprivation
d.	sleep apnea

ANS: B                      PTS: 1                      REF: p. 219                      BLM: Higher order

109. Stephen wanders about while remaining asleep. What is Stephen's condition called?

a.	enuresis
b.	<b>somnambulism</b>
c.	narcolepsy
d.	agnosia

ANS: B                      PTS: 1                      REF: p. 220                      BLM: Higher order

110. Iris has been asleep for less than an hour. Her parents are surprised when she walks into the living room, and they tell her to go back to sleep. The next day Iris does not remember getting up after she went to bed. From this description, what did Iris experience?

a.	a night terror
b.	<b>somnambulism</b>
c.	REM sleep behaviour disorder
d.	a nightmare

ANS: B                      PTS: 1                      REF: p. 220                      BLM: Higher order

111. Of the following statements regarding sleepwalking, which is most accurate?

a.	Sleepwalking occurs in REM sleep.
b.	It is not safe to awaken a sleepwalker.
c.	<b>Sleepwalkers are not acting out a dream.</b>
d.	Sleepwalkers rarely hurt themselves.

ANS: C                      PTS: 1                      REF: p. 220                      BLM: Remember

112. Which of the following statements regarding sleepwalking is most accurate?

a.	It is unsafe to awaken a sleepwalker.
b.	Sleepwalking typically occurs while the person is dreaming.
c.	<b>There appears to be a genetic predisposition to sleepwalking.</b>
d.	Sleepwalking is generally a manifestation of underlying psychological problems.

ANS: C                      PTS: 1                      REF: p. 220                      BLM: Remember

113. Mark is a middle-aged man who has recently begun to talk and flail about while he is sleeping, which is very aggravating to his wife. It seems as if he is acting out a dream. Which of the following sleep disorders is most similar to Mark's problem?

a.	<b>REM sleep behaviour disorder</b>
b.	pseudo-insomnia
c.	somnambulism
d.	night terrors

ANS: A                      PTS: 1                      REF: p. 220                      BLM: Higher order

114. Which of the following statements about dreams is NOT accurate?

a.	Dreams are not as bizarre as widely assumed.
b.	Dreams have had a profound impact on art and culture.
c.	Dreamers sometimes realize that they are dreaming.
d.	<b>Dreams occur only during REM sleep.</b>

ANS: D                      PTS: 1                      REF: p. 221                      BLM: Remember

115. What has research revealed about the content of most dreams?

a.	They are focused on others rather than oneself.
b.	<b>They are about fairly normal activities.</b>
c.	There are random bursts of activity with little coherence.
d.	They are about supernatural beings.

ANS: B                      PTS: 1                      REF: p. 221                      BLM: Remember

116. Which of the following would a student be least likely to dream about, according to research evidence on dream content?

a.	falling from the top of a tall building on campus
b.	being chased by his or her most feared instructor
c.	missing an important exam
d.	<b>being a tree on campus</b>

ANS: D                      PTS: 1                      REF: p. 221                      BLM: Higher order

117. Which of the following has been documented regarding differences between the typical dreams of males and females?

a.	Females' dreams tend to have a more positive affective tone.
b.	Males' dreams tend to contain more realistic details.
c.	Females' dreams tend to contain more realistic details.
d.	<b>Males' dreams tend to have a more positive affective tone.</b>

ANS: D                    PTS: 1                    REF: p. 221                    BLM: Higher order

118. Which of the following trends do researchers find when the dreams of young children are compared to the dreams of adults?

a.	Children are more likely to dream about aggression.
b.	<b>Children's dreams have less coherent storylines.</b>
c.	Children recall a larger percentage of their dreams.
d.	Children have more vivid dreams.

ANS: B                    PTS: 1                    REF: p. 222                    BLM: Remember

119. According to William Dement's results on the experience of external stimuli on the experience of REM sleep, what would you expect to happen if you sprayed water on the hand of an individual who was in REM sleep?

a.	He would wake up less able to recall his dream.
b.	She would somnambulate toward the bathroom.
c.	She would not be at all disturbed or affected by the experience, due to the deep nature of REM sleep.
d.	<b>He would incorporate the experience into his dream, perhaps as a rainstorm.</b>

ANS: D                    PTS: 1                    REF: p. 222                    BLM: Higher order

120. Some individuals have the ability to exert control over their dreams. What is this sort of dreaming called?

a.	inductive dreaming
b.	bounded dreaming
c.	<b>lucid dreaming</b>
d.	tactical dreaming

ANS: C                    PTS: 1                    REF: p. 222                    BLM: Remember

121. Why might some therapists be interested in research surrounding the induction of lucid dreaming?

a.	Controlling the content of a lucid dream could be an important treatment for disorders like schizophrenia.
b.	Controlled dreaming would allow for an improvement in creative processes.
c.	<b>Giving the dreamer control over the content of a dream might be helpful in treating nightmares.</b>
d.	If you can induce a dream, you could potentially treat disorders like insomnia.

ANS: C                    PTS: 1                    REF: p. 222                    BLM: Higher order

122. Among which cultural group are dreams viewed as the focal point of existence that determines an individual's way of life?

a.	Marakesh of Morocco
b.	Arapesh of New Guinea
c.	Parintinin of Brazil
d.	<b>Aborigines of Australia</b>

ANS: D

PTS: 1

REF: p. 223

BLM: Remember

123. Which of the following statements about culture and dreams is least accurate?

a.	Some basic dream themes appear to be nearly universal across cultures.
b.	<b>People in Western societies tend to recall their dreams most vividly.</b>
c.	In many cultures, dreams are seen as a window into the spiritual world.
d.	In Western cultures, dreams are largely written off as insignificant.

ANS: B

PTS: 1

REF: p. 223

BLM: Higher order

124. Which theorist advanced the wish-fulfillment hypothesis about dreaming?

a.	Hobson
b.	Cartwright
c.	McCarley
d.	<b>Freud</b>

ANS: D                      PTS: 1                      REF: p. 223                      BLM: Remember

125. According to Freud, a sexually frustrated person would probably have highly erotic dreams. What does this reflect about Freud's view of the principal purpose of a dream?

a.	The dream's purpose is repression of unconscious desires.
b.	The dream's purpose is conflict resolution.
c.	<b>The dream's purpose is wish fulfillment.</b>
d.	The dream's purpose is sexual gratification.

ANS: C                      PTS: 1                      REF: p. 223                      BLM: Higher order

126. Which theory would you be using if you interpreted Peter's dream of arguing with a larger-than-life faceless authority figure as an attempt on his part to decide which approach to take in convincing his father of the merits of his future plans?

a.	activation-synthesis theory
b.	<b>problem-solving theory</b>
c.	wish-fulfillment theory
d.	neural overflow theory

ANS: B                      PTS: 1                      REF: p. 224                      BLM: Higher order

127. Which view of dreaming suggests that dreams are times when people can think creatively about what is going on in their lives and then use that information later when awake?

a.	wish fulfillment view of dreams
b.	James-Verduin view of dreams
c.	<b>problem-solving view of dreams</b>
d.	synergistic view of dreams

ANS: C                      PTS: 1                      REF: p. 224                      BLM: Remember

128. Logan has a dream in which he is taken captive by a band of talking cats who force him to solve complex algebra problems for them. What do the images in Logan's dream represent, according to Rosalind Cartwright's cognitive theory of dreaming?

a.	an interpretation of random neuron activity in lower brain centres
b.	the manifest content of the dream
c.	the latent content of the dream
d.	<b>an attempt to work through problems he is currently experiencing in his life</b>

ANS: D                      PTS: 1                      REF: p. 224                      BLM: Higher order

129. Which theory of dreaming proposes that dreams are the cortex's attempt to make sense out of bursts of general firing from lower brain centres?

a.	<b>activation-synthesis theory</b>
b.	cathartic neurology theory
c.	wish fulfillment theory
d.	problem-solving theory

ANS: A                      PTS: 1                      REF: p. 224                      BLM: Remember

130. Danielle had a dream in which she was playing cards with an elephant. The next instant, the elephant had changed into one of her elementary school teachers. What do the sudden bizarre changes that took place in Danielle's dream represent, according to the activation synthesis model of dreaming?

a.	an attempt to work through problems she is currently experiencing in her life
b.	<b>an interpretation of random neuron activity in lower brain centres</b>
c.	the manifest content of the dream
d.	the latent content of the dream

ANS: B                      PTS: 1                      REF: p. 224                      BLM: Higher order

131. What is hypnosis?

a.	<b>a procedure for inducing a state of heightened suggestibility</b>
b.	a state of altered consciousness that is similar to sedation or hallucination
c.	a form of meditation that leads to dream-like consciousness
d.	a form of self-delusion

ANS: A                      PTS: 1                      REF: p. 225                      BLM: Remember

132. Julie has been hypnotized so that she can experience age-regression. She is currently sucking her thumb and babbling. What could you expect to observe about her behaviour?

a.	It will replicate her experience as an infant.
b.	It will be typical of all infants.
c.	<b>It will resemble the behaviour of an adult pretending to be an infant.</b>
d.	It will become more and more authentic the longer she is under hypnosis.

ANS: C                      PTS: 1                      REF: p. 225                      BLM: Higher order

133. Thalia's new dentist plans to use hypnosis, instead of anesthesia, while he works on Thalia's teeth. Thalia asks you if she should go along with this, or if she should find another dentist. What should you tell her, based on research into the effects of hypnosis?

a.	Once she is no longer hypnotized, her sensitivity to pain will show a rebound effect.
b.	Hypnosis typically has no effect on the experience of pain.
c.	Hypnosis is effective as an anesthetic only when it is used in conjunction with sedatives.
d.	<b>Hypnosis has been an effective substitute for some anesthetic drugs for some people.</b>

ANS: D

PTS: 1

REF: p. 226

BLM: Higher order

134. A stage hypnotist is sometimes successful in getting people to disrobe in public. What is the best explanation for this phenomenon?

a.	When hypnotized, a subject comes under the total control of the hypnotist and will follow any instructions to the letter.
b.	The subject is a confederate of the hypnotist and disrobes while pretending to be hypnotized.
c.	The hypnotist is careful to select only those subjects who look as if they would enjoy disrobing in public.
d.	<b>When hypnotized, subjects are able to convince themselves that they cannot be held responsible for their actions.</b>

ANS: D

PTS: 1

REF: p. 227

BLM: Higher order

135. A hypnotist is putting on a demonstration, and your friend Benjamin is thinking about volunteering. He is nervous because he is afraid to do things he would normally not do. What should you tell Benjamin, based on research into the effects of hypnosis?

a.	People lose all personal control when under the effects of hypnosis.
b.	Most people have a protective cognitive barrier that prevents them from doing things they consider unacceptable.
c.	Hypnosis doesn't really work, so he shouldn't bother volunteering.
d.	<b>Sometimes people will do things under hypnosis that they would normally consider unacceptable.</b>

ANS: D

PTS: 1

REF: p. 227

BLM: Higher order

136. Which of the following is the most common posthypnotic suggestion given to people?

a.	act like an animal
b.	perform a behaviour unusual for the person
c.	<b>show amnesia and forget something</b>
d.	act infantile

ANS: C

PTS: 1

REF: p. 227

BLM: Remember

137. Which of the following statements regarding the electroencephalograph patterns of a hypnotized person is most accurate?

a.	The patterns are similar to those of a young child.
b.	<b>The patterns are similar to those of someone who is awake.</b>
c.	The patterns are similar to those of someone in slow-wave sleep.
d.	The patterns are similar to those of someone who has been diagnosed with a multiple personality disorder.

ANS: B

PTS: 1

REF: p. 227

BLM: Higher order

138. What does the role-playing theory of hypnosis offered by Barber and Spanos suggest about the hypnotized subject?

a.	He enters into a trance and acts out suggestions.
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b.	He knows that he or she is only pretending.
c.	<b>He is in a normal state but acts out the role of a hypnotized person.</b>
d.	He fakes a hypnotic state.

ANS: C                      PTS: 1                      REF: p. 227                      BLM: Higher order

139. Which theory of hypnosis states that hypnotized persons are acting in the manner they believe a hypnotized person would?

a.	dissociative theory
b.	<b>role-playing theory</b>
c.	Freudian theory
d.	divided consciousness theory

ANS: B                      PTS: 1                      REF: p. 227                      BLM: Higher order

140. While Marta was hypnotized, she vividly recalled the events of her first birthday party. However, when the events she described were compared with an actual video from her birthday party, most of the things she described did not actually happen. Which theory is consistent with this example?

a.	<b>role-playing theory</b>
b.	divided consciousness theory
c.	dissociative theory
d.	Freudian theory

ANS: A                      PTS: 1                      REF: p. 227                      BLM: Higher order

141. While Nicholas was hypnotized, he was able to endure painful jaw surgery without any anesthesia. Which theory of hypnosis is consistent with this example?

a.	role-playing theory
b.	opiate theory
c.	Freudian theory
d.	<b>dissociative theory</b>

ANS: D                      PTS: 1                      REF: p. 228                      BLM: Higher order

142. What is dissociation?

a.	role-playing by hypnotized subjects in response to situational cues
b.	<b>a splitting of mental processes into two separate, simultaneous streams of awareness</b>
c.	a hypnotized subject's willingness to act out the hypnotist's suggestions
d.	a loss of inhibition by hypnotized subjects

ANS: B                      PTS: 1                      REF: p. 228                      BLM: Remember

143. Which of the following theories of hypnosis is most consistent with the idea that hypnosis is associated with divided consciousness and is an altered state?

a.	Freud's psychoanalytic theory
b.	<b>Hilgard's dissociation theory</b>
c.	Schachter's cognitive theory

d.	Barber's role theory
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ANS: B

PTS: 1

REF: p. 228

BLM: Higher order

144. What are the origins of meditation techniques?

a.	scientific study of the relaxation response
b.	<b>Eastern religions</b>
c.	transcendental psychology
d.	treatment of hysteria

ANS: B                      PTS: 1                      REF: p. 228                      BLM: Remember

145. According to research, which physiological state is most similar to that of meditation?

a.	<b>relaxation</b>
b.	that produced by hypnosis
c.	the REM stage of sleep
d.	a drug-induced trance

ANS: A                      PTS: 1                      REF: p. 228                      BLM: Remember

146. Which of the following does NOT happen when a person is in a meditative state?

a.	respiration rate decreases
b.	heart rate decreases
c.	alpha waves become more prominent in EEG recordings
d.	<b>oxygen consumption increases</b>

ANS: D                      PTS: 1                      REF: p. 229                      BLM: Higher order

147. Scott's brain is producing alpha and theta waves, and he shows a decrease in his heart rate, oxygen consumption, and carbon dioxide elimination. Which of the following is most likely?

a.	Scott is in REM sleep.
b.	<b>Scott is meditating.</b>
c.	Scott has taken ecstasy.
d.	Scott is hypnotized.

ANS: B                      PTS: 1                      REF: p. 229                      BLM: Higher order

148. Hailey recently began meditating on a regular basis. What should Hailey expect to experience in the short term?

a.	an improvement in her immune system and enhanced memory
b.	an alteration in her consciousness similar to taking psychedelic drugs
c.	<b>an increase in relaxation and a decrease in autonomic arousal</b>
d.	a sense of euphoria similar to that experienced when taking opiate drugs

ANS: C                      PTS: 1                      REF: p. 229                      BLM: Higher order

149. Which of the following is a criticism regarding research on meditation?

a.	People who are meditating cannot be expected to provide accurate information about the process.
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b.	Meditation researchers are reporting only their own subjective experiences.
c.	<b>There are methodological flaws in much of the research, including sampling bias and the potential for placebo effects.</b>
d.	It is unethical to conduct the necessary experimental studies on meditation.

ANS: C                      PTS: 1                      REF: p. 230                      BLM: Higher order

150. What are psychoactive drugs?

a.	drugs that act primarily on serotonin receptors
b.	illicit drugs that alter emotional or psychological states
c.	<b>drugs that alter emotional state, behavioural functioning, and mental condition</b>
d.	prescription medications that are used for the treatment of mental disorders, including sleep disorders

ANS: C                      PTS: 1                      REF: p. 231                      BLM: Remember

151. What happened to the rate of cannabis use by young Canadians between 2004 and 2009, according to a recent survey on addictions?

a.	It remained unchanged.
b.	<b>It decreased.</b>
c.	It doubled.
d.	It remained unchanged, but its use is causing more problems in society.

ANS: B                      PTS: 1                      REF: p. 231                      BLM: Remember

152. What do opiates such as morphine and heroin do?

a.	reduce symptoms of psychosis
b.	improve memory
c.	<b>alleviate pain</b>
d.	enhance sensory awareness

ANS: C                      PTS: 1                      REF: p. 232                      BLM: Remember

153. Aimee is taking a prescription drug to control her back pain. She finds that when she takes the drug, she experiences some short-term drowsiness and nausea. What type of drug has Aimee's physician prescribed?

a.	<b>narcotic</b>
b.	stimulant
c.	hallucinogen
d.	sedative

ANS: A                      PTS: 1                      REF: p. 232                      BLM: Higher order

154. Jackson broke his back when he fell off the roof. He was in tremendous pain while he was in the hospital. What type of drug did Jackson's physician most likely prescribe to help him deal with the pain while his back healed?

a.	amphetamines
b.	<b>opiate-based drugs</b>
c.	hallucinogens

d.	sedatives
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ANS: B

PTS: 1

REF: p. 232

BLM: Higher order

155. What type of drug depresses central nervous system activity?

a.	amphetamine
b.	narcotic
c.	hallucinogen
d.	<b>sedative</b>

ANS: D                      PTS: 1                      REF: p. 232                      BLM: Remember

156. How are drugs that are typically used as “sleeping pills” classified?

a.	hallucinogens
b.	<b>sedatives</b>
c.	narcotics
d.	soporifics

ANS: B                      PTS: 1                      REF: p. 232                      BLM: Remember

157. Carlos is taking a prescription drug to reduce the anxiety he has been feeling since he lost his job. He finds that when he takes the drug he experiences some short-term lethargy and impaired coordination. What type of drug has Carlos’s physician likely prescribed?

a.	narcotic
b.	stimulant
c.	hallucinogen
d.	<b>sedative</b>

ANS: D                      PTS: 1                      REF: p. 232                      BLM: Higher order

158. Isaac has had insomnia for six months and when he goes in for his regular checkup, he asks his family doctor if there is something that can be prescribed to help him fall asleep. If his doctor does prescribe a medication, what is it most likely to be?

a.	<b>barbiturate</b>
b.	amphetamine
c.	narcotic
d.	hallucinogen

ANS: A                      PTS: 1                      REF: p. 232                      BLM: Higher order

159. Alonzo has just consumed a substance that provides him with increased alertness and energy, along with reduced fatigue. However, it also makes him more talkative, increases his blood pressure, reduces his appetite, and makes him restless. What has Alonzo likely ingested?

a.	<b>an amphetamine</b>
b.	THC
c.	LSD
d.	a sedative

ANS: A                      PTS: 1                      REF: p. 232                      BLM: Higher order

160. Alicia is taking a prescription drug to help treat her narcolepsy. She finds that when she takes the drug she feels extremely restless and irritable, and she loses her appetite. What has Alicia's physician likely prescribed?

a.	<b>stimulant</b>
b.	hallucinogen
c.	sedative
d.	narcotic

ANS: A                      PTS: 1                      REF: p. 232                      BLM: Higher order

161. Shelly has been feeling extremely tired for the past six months, even though she is getting lots of sleep. Shelly sees her family doctor and asks if there is something that can be prescribed to help her feel more alert and give her more energy. If her doctor does prescribe a medication, what is it most likely to be?

a.	hallucinogen
b.	narcotic
c.	<b>amphetamine</b>
d.	barbiturate

ANS: C                      PTS: 1                      REF: p. 232                      BLM: Higher order

162. Which of the following is a key difference between cocaine and amphetamines?

a.	<b>Cocaine is derived from plants whereas amphetamines are synthetic.</b>
b.	Cocaine produces euphoria whereas amphetamines result in sedation.
c.	Cocaine has predominantly emotional effects whereas amphetamines primarily affect behaviour.
d.	Cocaine is snorted whereas amphetamines are typically injected.

ANS: A                      PTS: 1                      REF: p. 233                      BLM: Higher order

163. What is a type of amphetamine that can be snorted or injected intravenously?

a.	ecstasy
b.	ice
c.	crack
d.	crank

ANS: D                      PTS: 1                      REF: p. 233                      BLM: Remember

164. Which of the following does NOT belong with the others?

a.	psilocybin
b.	LSD
c.	<b>cocaine</b>
d.	mescaline

ANS: C                      PTS: 1                      REF: p. 233                      BLM: Higher order

165. Renee is experiencing distortions in her sensory and perceptual processes. Additionally, she is exhibiting paranoia, nausea, and “jumbled” thought processes. Renee is most likely under the influence of what type of drug?

a.	stimulant
b.	<b>hallucinogen</b>
c.	sedative
d.	narcotic

ANS: B                      PTS: 1                      REF: p. 233                      BLM: Higher order

166. What is the most widely used recreational drug in North America?

a.	cocaine
b.	<b>alcohol</b>
c.	MDMA
d.	marijuana

ANS: B                      PTS: 1                      REF: p. 233                      BLM: Remember

167. Javier has just taken a drug. He finds that his perceptions are altered and he feels like his sensory awareness has increased. Which of the following drugs has he most likely taken?

a.	heroin
b.	<b>mescaline</b>
c.	barbiturates
d.	alcohol

ANS: B                      PTS: 1                      REF: p. 233                      BLM: Higher order

168. Madeline uses a nonprescription drug on a regular basis. Some of the short-term side effects she experiences are bloodshot eyes and poor short-term memory. What has Madeline been using?

a.	<b>marijuana</b>
b.	cocaine
c.	heroin
d.	LSD

ANS: A                      PTS: 1                      REF: p. 233                      BLM: Higher order

169. Haley has severe glaucoma and she finds that the symptoms of her glaucoma can be relieved by using a nonprescription drug. In addition to relieving the symptoms of glaucoma, the drug relaxes her and induces a mild feeling of euphoria. What is Haley using to treat her glaucoma?

a.	cocaine
b.	mescaline
c.	heroin
d.	<b>marijuana</b>

ANS: D                      PTS: 1                      REF: p. 233                      BLM: Higher order



170. Why does MDMA (ecstasy) not fit neatly into existing drug categories?

a.	<b>It is a compound drug related to both amphetamines and hallucinogens.</b>
b.	It is relatively new, and researchers haven't studied it sufficiently.
c.	It can be made a number of different ways, so it is not always known how to classify it.
d.	It has different effects on different people, so its effects are not easily predicted.

ANS: A                      PTS: 1                      REF: p. 234                      BLM: Higher order

171. What does the idea of multifactorial causation in drug effects suggest?

a.	Each person will have the same physiological response to a drug, but there can be different psychological responses.
b.	<b>The effects of a drug depend on the dosage and the user's personal makeup and experience.</b>
c.	Taking several different drugs at the same time produces unpredictable effects.
d.	Taking several different drugs at once increases their effectiveness.

ANS: B                      PTS: 1                      REF: p. 234                      BLM: Higher order

172. What is the term for a progressive decrease in one's response to a drug with repeated and prolonged use?

a.	habituation
b.	dependency
c.	<b>tolerance</b>
d.	withdrawal

ANS: C                      PTS: 1                      REF: p. 234                      BLM: Remember

173. Bryan finds that, where he used to need only one, he now needs two or more sleeping pills to fall asleep. What does this indicate?

a.	He has become psychologically addicted to sleeping pills.
b.	He is using sleeping pills as a recreational drug.
c.	He has become physically addicted to sleeping pills.
d.	<b>He has developed a tolerance to sleeping pills.</b>

ANS: D                      PTS: 1                      REF: p. 234                      BLM: Higher order

174. Seymour used to get quite a "buzz" from his first cup of coffee in the morning. Now he finds that he doesn't start to feel alert until his third cup. What has happened to Seymour?

a.	He is experiencing the effects of caffeine withdrawal.
b.	He has become caffeine intolerant.
c.	He has developed a caffeine dependency.
d.	<b>He has developed a drug tolerance for caffeine.</b>

ANS: D                      PTS: 1                      REF: p. 234                      BLM: Higher order

175. Jasmine used to feel quite giddy and light-headed after drinking a single glass of wine. Now she finds she can drink three glasses of wine before she feels giddy. What has happened to Jasmine?

a.	She is experiencing the effects of alcohol withdrawal.
b.	<b>She has developed a drug tolerance for alcohol.</b>
c.	She has become alcohol resistant.
d.	She has developed an alcohol dependency.

ANS: B                      PTS: 1                      REF: p. 234                      BLM: Higher order

176. Among the following, which drug tends to produce tolerance most slowly?

a.	<b>alcohol</b>
b.	narcotics
c.	stimulants
d.	sedatives

ANS: A                      PTS: 1                      REF: p. 234                      BLM: Remember

177. For which of the following drugs does the tolerance level develop the most rapidly?

a.	<b>sedatives</b>
b.	hallucinogens
c.	alcohol
d.	cannabis

ANS: A                      PTS: 1                      REF: p. 234                      BLM: Remember

178. Dr. Montgomery has developed a new drug that blocks the reuptake of dopamine and norepinephrine. What effects will this drug have?

a.	It will function as a sedative.
b.	It will produce hallucinogenic effects.
c.	<b>It will have stimulant effects in the body.</b>
d.	It will act as an effective painkiller.

ANS: C                      PTS: 1                      REF: p. 235                      BLM: Higher order

179. With which of the following neurotransmitter systems does the effects of cannabis appear to be associated?

a.	dopamine
b.	norepinephrine
c.	<b>GABA</b>
d.	serotonin

ANS: C                      PTS: 1                      REF: p. 235                      BLM: Remember

180. Dr. Bittner has developed a new drug that increases activity in the GABA system. What effects will this drug have?

a.	It will act as an effective painkiller.
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b.	It will produce hallucinogenic effects.
c.	<b>It will function as a sedative.</b>
d.	It will have stimulant effects in the body.

ANS: C                      PTS: 1                      REF: p. 235                      BLM: Higher order

181. Dr. Mak has developed a new drug that works as a stimulant. What will this drug likely do?

a.	<b>It will block the reuptake of dopamine and norepinephrine.</b>
b.	It will enhance the reuptake of dopamine and norepinephrine.
c.	It will increase activity in the GABA system.
d.	It will decrease activity in the GABA system.

ANS: A                      PTS: 1                      REF: p. 235                      BLM: Higher order

182. What is the term for the internally produced chemicals that have actions similar to THC?

a.	endorphins
b.	interleukins
c.	dopaminoids
d.	<b>endocannabinoids</b>

ANS: D                      PTS: 1                      REF: p. 235                      BLM: Remember

183. Which of the following brain areas is considered to be part of the “reward pathway” associated with drug effects?

a.	hippocampus
b.	periaqueductal grey
c.	inferotemporal cortex
d.	<b>nucleus accumbens</b>

ANS: D                      PTS: 1                      REF: p. 235                      BLM: Remember

184. Although various drugs have various actions and effects throughout the central nervous system, what effect appears to be common across virtually all abused drugs?

a.	They are all deactivated in the synapse by acetylcholinesterase.
b.	<b>They eventually increase activity in the mesolimbic dopamine pathway, which is important for the experience of reward.</b>
c.	They all lead to a suppression of activity in the prefrontal cortex, which makes it more likely that an individual will become physiologically dependent.
d.	They each have an inhibitory effect on GABA.

ANS: B                      PTS: 1                      REF: p. 235                      BLM: Higher order

185. Amir has been taking a mild amphetamine for the past four months to help him cope with being a full-time student while holding down a full-time job. Now that his classes have ended he wants to stop taking the amphetamine, but each time he tries to skip the medication he feels very fatigued and irritable. What has happened to Amir?

a.	<b>He developed a physical dependence for amphetamines.</b>
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b.	He habituated to the effects of amphetamines.
c.	He developed a drug tolerance for amphetamines.
d.	He became amphetamine intolerant.

ANS: A

PTS: 1

REF: p. 236

BLM: Higher order

186. Hannah used to experience insomnia once or twice a week. A month ago she starting taking Seconal to help her sleep, but now she finds she cannot get to sleep unless she takes a Seconal tablet. What has happened to Hannah?

a.	<b>She developed a dependency on Seconal.</b>
b.	She habituated to the effects of Seconal.
c.	She developed a drug tolerance for Seconal.
d.	She developed pseudoinsomnia.

ANS: A                      PTS: 1                      REF: p. 236                      BLM: Higher order

187. What is the term for a strong mental and emotional craving for a drug?

a.	withdrawal
b.	tolerance
c.	<b>psychological dependence</b>
d.	physical dependence

ANS: C                      PTS: 1                      REF: p. 236                      BLM: Remember

188. Ceili is in a recovery program to deal with her alcohol dependence. One of the treatments includes going to the bars where she used to drink, in order to get used to being in such places without becoming intoxicated. As she enters her local pub, Ceili starts craving alcohol and she starts to experience tremors and fever. Why?

a.	The smell of alcohol in the bar reminds Ceili of all the good times that she had while drinking, which she had forgotten, and this makes her upset.
b.	Tremors and fever are withdrawal symptoms that occur only when the body is detoxifying from the effects of alcohol.
c.	<b>Craving and withdrawal are conditioned responses elicited by stimuli that have been paired with the effects of alcohol in the past.</b>
d.	Ceili is so frightened by being in the bar that she starts to panic.

ANS: C                      PTS: 1                      REF: p. 236                      BLM: Higher order

189. Which of the following drugs would be most likely to cause a fatal overdose?

a.	<b>barbiturates</b>
b.	mescaline
c.	LSD
d.	marijuana

ANS: A                      PTS: 1                      REF: p. 236                      BLM: Remember

190. Which of the following drugs is least likely to cause a fatal overdose?

a.	heroin
b.	cocaine
c.	barbiturates
d.	<b>LSD</b>

ANS: D                      PTS: 1                      REF: p. 236                      BLM: Higher order

191. Rachel has been using a nonprescription drug on a regular basis for several years. She has now developed liver disease and ulcers, and she has been in three car accidents. Which drug is Rachel most likely a chronic user of?

a.	marijuana
b.	<b>alcohol</b>
c.	LSD
d.	sedatives

ANS: B                      PTS: 1                      REF: p. 237                      BLM: Higher order

192. Researchers at Queen's University have determined that excessive consumption of alcohol can lead to an increase in unsafe sexual practices. What is the nature of the relationship between alcohol and sexual practices, in this case?

a.	<b>It is an indirect effect of alcohol, as alcohol leads to alterations in judgment, which then leads to poor decision making regarding safe-sex practices.</b>
b.	It is a direct effect of alcohol consumption, as alcohol makes individuals more sexually aggressive.
c.	It is an indirect effect of alcoholism, as people who consume large amounts of alcohol also tend to have low levels of morality.
d.	It is a direct effect of alcohol consumption, as alcohol leads to health problems including an increased vulnerability to sexually transmitted diseases.

ANS: A                      PTS: 1                      REF: p. 237                      BLM: Higher order

193. There is the greatest amount of debate on the risks associated with which of the following drugs?

a.	heroin
b.	alcohol
c.	<b>marijuana</b>
d.	cocaine

ANS: C                      PTS: 1                      REF: p. 237                      BLM: Remember

194. Which of the following is NOT one of the risks associated with marijuana use?

a.	respiratory diseases
b.	problems with attention and memory
c.	injury due to accidents
d.	<b>sterility/impotence</b>

ANS: D                      PTS: 1                      REF: p. 238                      BLM: Higher order

195. Which of the following is NOT associated with chronic, heavy use of MDMA (ecstasy)?

a.	<b>reduced fertility</b>
b.	depression
c.	increased anxiety
d.	memory deficits

ANS: A                    PTS: 1                    REF: p. 238                    BLM: Remember

196. Research on consciousness dwindled in the early part of the 20th century after psychology was redefined as the science of behaviour. Which psychologist is most strongly associated with this shift in the field?

a.	Roger Sperry
b.	Wilhelm Wundt
c.	Sigmund Freud
d.	<b>John Watson</b>

ANS: D                    PTS: 1                    REF: p. 238                    BLM: Remember

197. Which of the following statements regarding the study of consciousness is accurate?

a.	Psychology began as the study of behaviour rather than the study of consciousness.
b.	Today, psychologists are generally not interested in studying issues related to consciousness.
c.	John Watson and others viewed psychology as the science of consciousness.
d.	<b>The 1960s saw an increase in the study of variations of consciousness.</b>

ANS: D                    PTS: 1                    REF: p. 237                    BLM: Higher order

198. The effects of many psychoactive drugs depend to a large extent on users' expectations. Which of your text's unifying themes does this finding illustrate?

a.	Psychology is empirical.
b.	Psychology evolves in a sociohistorical context.
c.	Our behaviour is shaped by our cultural heritage.
d.	Our experience of the world is highly subjective.

ANS: D                    PTS: 1                    REF: p. 237                    BLM: Higher order

199. Which of the following is true about the amount of sleep a person needs?

a.	It varies from person to person.
b.	It differs across cultures, indicating a strong learned component to how much sleep one needs.
c.	It is greatly reduced if one takes a 15-minute nap at midday.
d.	It is roughly the same for everyone of the same age.

ANS: A                    PTS: 1                    REF: p. 240                    BLM: Remember

200. Mark's mother is worried because he only sleeps about four to five hours per night. What would you tell her?

a.	There is probably nothing to be worried about if Mark is healthy and productive since different people need differing amounts of sleep.
b.	There is no problem, unless he spends most of his sleep time in REM sleep.
c.	She has reason to be concerned because, in the long run, Mark's lack of sleep will take its toll physically.
d.	There is nothing to worry about because young people need less sleep than older people.

ANS: A

PTS: 1

REF: p. 240

BLM: Higher order

201. As a result of taking sleeping pills, Elian has been getting eight hours of sleep per night but he does not feel rested. Why does this happen?

a.	Sleeping pills suppress slow-wave sleep.
b.	Sleeping pills increase the amount of time spent in NREM sleep.
c.	Sleeping pills increase the amount of time spent in REM sleep.
d.	Sleeping pills suppress stage 2 sleep.

ANS: A                      PTS: 1                      REF: p. 240                      BLM: Higher order

202. Alcoholics may spend a good deal of time sleeping, but their sleep is not refreshing. Why?

a.	They spend less time in NREM sleep.
b.	They wake up many times during a single sleep cycle.
c.	They spend less time in REM sleep.
d.	They spend too much time in stage 4 sleep.

ANS: C                      PTS: 1                      REF: p. 240                      BLM: Remember

203. Lin has been having trouble sleeping, and she decides to take a sedative to help her get a good night's sleep. What will be the effect of the sedative while she sleeps?

a.	It will increase the amount of time she spends in both slow-wave and REM sleep.
b.	It will increase the amount of time she spends in REM sleep, but decrease her overall slow-wave sleep.
c.	It will increase the amount of time she spends in slow-wave sleep, but decrease her overall REM sleep.
d.	It will decrease the amount of time she spends in both slow-wave and REM sleep.

ANS: D                      PTS: 1                      REF: p. 240                      BLM: Higher order

204. Which of the following statements regarding yawning is NOT accurate?

a.	Yawning is seen in all cultures.
b.	Yawning is seen in other mammals, as well as in birds, fish, and reptiles.
c.	Yawning is correlated with sleepiness and boredom.
d.	Yawning is a response to a buildup of carbon dioxide.

ANS: D                      PTS: 1                      REF: p. 241                      BLM: Higher order

205. Which of the following statements regarding snoring is least accurate?

a.	Snoring is more common among men than women.
b.	Snoring is more frequent among people who are overweight.
c.	Snoring is associated with sleep apnea and cardiovascular disease.
d.	Snoring tends to decrease as people get older.

ANS: D                      PTS: 1                      REF: p. 241                      BLM: Higher order

206. Jamal is 40 years old; his sister Jasmine is 30 years old. Recently they both came home for their parents' anniversary party and stayed overnight. What would you expect to hear if you were to walk through the house while they were sleeping?

a.	All members of the family will be snoring because nearly all humans snore at some point in the night.
b.	Jamal is more likely to be snoring than his sister because he is older and male.
c.	If their parents are snoring, then both siblings are equally likely to be snoring because snoring is hereditary.
d.	Jamal is more likely to snore during slow-wave sleep, but Jasmine is more likely to snore during REM sleep.

ANS: B                      PTS: 1                      REF: p. 241                      BLM: Higher order

207. Which of the following is NOT good advice for avoiding sleep problems?

a.	Establish a daytime exercise program.
b.	Vary the time when you go to bed at night.
c.	Minimize consumption of stimulants such as caffeine and nicotine.
d.	Avoid daytime naps if you're having trouble sleeping at night.

ANS: B                      PTS: 1                      REF: p. 242                      BLM: Higher order

208. Which of the following is NOT good advice for combating insomnia?

a.	Develop a bedtime sleep ritual.
b.	Read a dull textbook before going to bed.
c.	Try not to get too stimulated during the day.
d.	Avoid taking naps during the day.

ANS: C                      PTS: 1                      REF: p. 241                      BLM: Higher order

209. Twyla insists she never dreams; she is convinced of this because she has never recalled a single dream. What would researchers likely find if Twyla were tested in a sleep lab?

a.	She would experience REM sleep, and she would report a dream if she was awakened from REM sleep.
b.	She would wake each time she entered REM sleep and show no evidence of completing a full cycle of REM sleep.
c.	She would experience REM sleep, but she would not report any dreams if she was awakened from REM sleep.
d.	She would experience REM sleep, but she would report a dream only if she was awakened from slow-wave sleep.

ANS: A                      PTS: 1                      REF: p. 242                      BLM: Higher order

210. Which of the following statements about dreams is most accurate?

a.	We are most likely to recall dreams with sexual content.
b.	Dream recall fades quickly after waking.
c.	The reason we do not remember our dreams is that the content of the dream is repressed.

d.	Only about 75percent of all people dream.
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ANS: B                      PTS: 1                      REF: p. 242                      BLM: Higher order

211. The psychoanalyst interpreted his patient’s dream of riding a horse as indicative of her repressed sexual urges. What is the term used to describe those repressed urges?

a.	manifest content
b.	latent content
c.	subliminal content
d.	overt content

ANS: B                      PTS: 1                      REF: p. 242                      BLM: Higher order

212. Manuel dreamed that he was being chased through the galaxy by ferocious interplanetary creatures. What is the psychoanalytic term for these dream events?

a.	manifest content
b.	latent content
c.	subliminal content
d.	preconscious content

ANS: A                      PTS: 1                      REF: p. 242                      BLM: Higher order

213. Duong decided that her dream of flying reflects her desire to escape from an unfulfilling marriage. What would a contemporary dream theorist say to Duong?

a.	Her interpretation may be accurate because she is the person best equipped to decipher her dream.
b.	Her interpretation is too superficial and does not get at the latent meaning of the dream.
c.	Duong needs an analyst to interpret her dream for her because the dream is a reflection of unconscious wishes.
d.	Before any credibility is given to her interpretation, she needs to have a series of similar dreams.

ANS: A                      PTS: 1                      REF: p. 242                      BLM: Higher order

214. Conner had a dream in which he and a pink rabbit were riding a train. The rabbit pulled an ice cream cone out of a top hat that he was wearing. Conner is convinced the dream represents an unconscious desire to cancel his upcoming wedding. What is the pink rabbit in Freudian terms?

a.	the manifest content of Conner’ dream
b.	an interpretation of random neural activity in lower brain centres
c.	the latent content of Conner’s dream
d.	an attempt to work through problems he is currently experiencing in his life

ANS: A                      PTS: 1                      REF: p. 242                      BLM: Higher order

215. Abigail had a dream in which she was riding a bicycle toward some beautiful mountains. Abigail is convinced the dream represents an unconscious desire to quit her current job. What are the bicycle and mountains in Freudian terms?

a.	the latent content of Abigail's dream
b.	an interpretation of random neural activity in lower brain centres
c.	the manifest content of Abigail's dream
d.	an attempt to work through problems she is currently experiencing in her life

ANS: C                      PTS: 1                      REF: p. 242                      BLM: Higher order

216. Morgan had a dream in which his boss appeared at his front door, and asked Morgan for a kidney. Morgan is convinced the dream represents an unconscious desire to quit his current job. What is Morgan's desire to quit his job in Freudian terms?

a.	the latent content of the dream
b.	an interpretation of random neural activity in lower brain centres
c.	the manifest content of the dream
d.	an attempt to work through problems he is currently experiencing in his life

ANS: A                      PTS: 1                      REF: p. 242                      BLM: Higher order

217. Brittany had a dream in which she was arrested by a gorilla. Brittany is convinced the dream represents an unconscious desire to cancel her upcoming wedding. What is Brittany's unconscious desire to cancel the wedding in Freudian terms?

a.	an interpretation of random neural activity in lower brain centres
b.	an attempt to work through problems she is currently experiencing in her life
c.	the latent content of the dream
d.	the manifest content of the dream

ANS: C                      PTS: 1                      REF: p. 242                      BLM: Higher order

218. What is it called when you can think clearly about the circumstances of your waking life while recognizing that you are dreaming?

a.	confabulated dreaming
b.	manifest dreaming
c.	latent dreaming
d.	lucid dreaming

ANS: D                      PTS: 1                      REF: p. 243                      BLM: Remember

219. Hunter was dreaming, but he knew that he was dreaming. During his dream he was able to control some of the events that occurred in the dream. In this case, what was happening to Hunter?

a.	He was dreaming during Stage 4 of the sleep cycle.
b.	He was experiencing pseudo-REM sleep.
c.	He was having a theta-wave dream.
d.	He was having a lucid dream.

ANS: D                      PTS: 1                      REF: p. 243                      BLM: Higher order

220. Bill has had many dreams in which he has fallen off a cliff, but he has always awakened before hitting the bottom. He has become an insomniac because of his fear that if he ever hits the bottom, he will die. What would you tell Bill?

a.	He simply needs to train himself to wake up whenever he has a falling dream.
b.	He should be afraid because shocking dreams are often fatal.
c.	His belief has no substance and is merely a myth.
d.	He should take sleeping pills to repress REM sleep so that he will not dream.

ANS: C

PTS: 1

REF: p. 243

BLM: Higher order

221. Which of the following statements regarding the debate over whether alcoholism is a disease is least accurate?

a.	The question of whether alcoholism is a disease is a matter of definition.
b.	More research is needed to determine whether or not alcoholism is a disease.
c.	One can inherit a genetic vulnerability to alcoholism.
d.	Alcoholism disrupts a variety of vital functions.

ANS: B                      PTS: 1                      REF: p. 244                      BLM: Higher order

222. Elaine thinks that Jerry sees the world in a very negative way because he's depressed. Which fallacy does this illustrate?

a.	circular fallacy
b.	descriptive fallacy
c.	repressive fallacy
d.	nominal fallacy

ANS: D                      PTS: 1                      REF: p. 245                      BLM: Higher order

223. Tracey thinks that Aaron drinks too much because he is an alcoholic. What type of reasoning is this an example of?

a.	inductive reasoning
b.	deductive reasoning
c.	circular reasoning
d.	logical reasoning

ANS: C                      PTS: 1                      REF: p. 245                      BLM: Higher order

224. Rowan was relaxing and not really paying attention to anything when his roommate came home. The roommate has asked for help working through some difficulties with a computer program. What will happen to Rowan's brain waves as he helps his roommate?

a.	They will decrease in both frequency and amplitude.
b.	They will increase in frequency and decrease in amplitude.
c.	They will increase in both frequency and amplitude.
d.	They will decrease in frequency and increase in amplitude.

ANS: B                      PTS: 1                      BLM: Higher order

225. Which of the following are generally associated with non-REM sleep?

a.	nightmares
b.	rapid eye movements
c.	night terrors
d.	dreams

ANS: C                      PTS: 1                      BLM: Higher order

226. It has been suggested by sleep theorists that one of the important functions of sleep is to facilitate memory consolidation. Which of the following appears to be correct regarding different stages of sleep, and consolidation of memory?

a.	Slow-wave sleep does not appear to be involved in memory consolidation.
b.	Stage 2 sleep may be important for consolidation of procedural motor tasks.
c.	Stage 2 sleep may be important for consolidation of complex logic tasks.
d.	REM sleep may be important for consolidation of procedural motor tasks.

ANS: B                      PTS: 1                      BLM: Higher order

227. During which of the following activities are you likely to have prominent alpha waves?

a.	being hypnotized
b.	meditating
c.	programming a computer
d.	dancing

ANS: B                      PTS: 1                      BLM: Higher order

### ESSAY

1. Compare REM and NREM sleep with respect to EEG activity, muscular activity, and cognitive activity.

ANS:

NREM sleep refers to stages 1 through 4, collectively, and thus is characterized by varied EEG activity. As sleep progresses through these stages, sleep becomes progressively deeper; brain waves correspondingly decrease in frequency and increase in amplitude. Muscle tension also decreases as sleep deepens, but even in stage 4, there is sufficient muscle tone to allow the possibility of sleepwalking. Dreams occasionally occur during NREM sleep, but these tend to be brief and fragile.

REM sleep is also a deep sleep, in the sense that it is relatively difficult to awaken a person from this stage. Muscle tone is so relaxed as to leave the body virtually paralyzed, precluding the possibility of sleepwalking. The eyes, however, move beneath closed lids. The EEG shows beta activity, as if the person was wide awake. This paradoxical finding can be accounted for by the fact that REM is the stage during which most dreaming occurs.

PTS: 1                      REF: p. 208-210                      BLM: Remember

2. Describe the effects of complete, partial, and selective sleep deprivation. What, if anything, do these effects tell us about why we sleep?

ANS:

Complete sleep deprivation for one or more nights is associated with feelings of sleepiness, irritability, and difficulty concentrating. Nevertheless, sleep-deprived people function surprisingly well, thus telling us little about why we sleep. Partial sleep deprivation likewise has inconsistent effects. People who get substantially less sleep than they are accustomed to

do feel sleepy, and may suffer impaired performance on tasks that are long, difficult, or tedious. These results also tell us little about the functions of sleep.

The existence of distinct sleep stages implies that each stage may have its own function. To investigate this possibility, researchers have selectively deprived subjects of either REM sleep or slow-wave sleep. In both kinds of selective deprivation, subjects experience an increased need for that stage of sleep specifically. In addition, both REM deprivation and slow-wave deprivation produce a “rebound effect” in which subjects make up for lost time when allowed to sleep normally again. None of these studies tell us the precise functions of sleep, but they do demonstrate definite and independent needs for both REM and slow-wave sleep.

PTS: 1                    REF: p. 213-216    BLM: Higher order

3.        What do people tend to dream about, and what theories have been proposed to explain why people dream at all?

ANS:

Above all, dreams tend to be personal. They generally involve people we know, in settings that are familiar to us. We are particularly likely to dream about current worries, conflicts, and stressors. There is no universally agreed-upon explanation for why we dream. Freud proposed that dreams are a form of “wishful thinking” in which we have the opportunity to gratify impulses that have gone unfulfilled in our waking lives. Other theorists take a more cognitive view, proposing that dreams provide an opportunity to engage in creative problem solving. Both of these views mesh nicely with available data regarding the typical content of dreams. A very different view is the activation-synthesis model of dreaming, which proposes that dreams are simply byproducts of neural activation during REM sleep. In this view, the content of dreams is almost incidental. Whereas the wish-fulfillment and problem-solving theories both regard the “wide awake” brain as the effect of dreaming, the activation-synthesis model views the “wide awake” brain as the cause of dreaming.

PTS: 1                    REF: p. 220-224    BLM: Higher order

4.        Compare and contrast the “role-playing” and “altered state” views of hypnosis.

ANS:

Both views are attempts to account for known hypnotic phenomena, which include heightened suggestibility, relaxation, focused attention, and enhanced fantasy. Proponents of the “role-playing” view regard hypnosis as a normal state of consciousness in which suggestible people act “as if” they are hypnotized by enacting their role expectations about how hypnotized people should behave. In support of this view, there is evidence that many supposed hypnotic phenomena can be duplicated by nonhypnotized subjects. Other theorists continue to insist that hypnosis is a unique, altered state of consciousness. For example, Ernest Hilgard maintains that hypnosis creates a dissociation in consciousness—a splitting off of mental processes into two separate, simultaneous streams of awareness. This view is made plausible by the fact that divided consciousness is a common, normal experience (as in “highway hypnosis,” for example). At present, there is no resolution to the debate between these two opposing views.

PTS: 1                    REF: p. 226-227    BLM: Higher order

5. Given what you know about the effects of marijuana, both short term and long term, what is your position on the current debate in Canada regarding legalization of marijuana. Support your answer using at least three pieces of evidence.

ANS:

A good answer will provide evidence consistent with the position chosen (either side of the argument can be supported).

Pro-legalization: There are a number of therapeutic benefits to THC use including treatment of glaucoma and chemotherapy-induced nausea/vomiting. The risk of dependence (both physiological and psychological) is relatively low, and there is little risk of overdose for users. Although there are risks associated with smoking marijuana, if THC is administered in other forms there is no risk to respiratory systems. Intoxication associated with THC does cause impairment that is contraindicated for driving and other dangerous tasks, but this is no different from other legal drugs like alcohol or prescription sedatives.

Anti-legalization: Although there are apparent benefits to THC use for medicinal purposes, this is not the most common use of marijuana. A large proportion of adolescents are already using marijuana and this rate is likely to increase with legalization. Intoxication with THC is associated with sluggishness, short-term memory deficits, and anxiety or paranoia in some instances. Chronic use of large doses of smoked marijuana has been associated with lung cancer and other respiratory diseases, as well as long-term impairments in attention and memory.

PTS: 1

REF: p. 233 | p. 237-238

BLM: Higher order