



Test Canvas: TestBanks Chapter 3: Multiple Choice 2

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Reuse Question

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Description

Instructions

Total Questions 159

Total Points 0

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Points

Update

Hide Question Details

1. Multiple Choice: A brief 15- to 30-minute rush of euph...

Points: 0

Success: 159 questions added as a copy.

Question	A brief 15- to 30-minute rush of euphoria followed by a crash of agitated depression is most closely associated with the use of
Answer	<p>marijuana.</p> <p><input checked="" type="checkbox"/> cocaine.</p> <p>LSD.</p> <p>barbiturates.</p>

2. Multiple Choice: A large amount of our mental activity...

Points: 0

Question	A large amount of our mental activity occurs outside our awareness thanks to our capacity for
Answer	<p>neuroadaptation.</p> <p>hypnagogic sensations.</p> <p>REM rebound.</p>

dual processing.

3. Multiple Choice: A person is able to accurately point ...

Points: **0**

Question A person is able to accurately point to the current location of certain moving objects that she is unable to consciously see. This best illustrates

- Answer**
- hypnagogic sensations.
 - the pop-out phenomenon.
 - neuroadaptation.
 - blindsight.

4. Multiple Choice: A sense of relaxation is most likely ...

Points: **0**

Question A sense of relaxation is most likely to be associated with

- Answer**
- hallucinations.
 - inattentional blindness.
 - sleep apnea.
 - hypnotic induction.

5. Multiple Choice: About one-third of a second before pa...

Points: **0**

Question About one-third of a second before participants in one study decided to move their wrists, their _____ indicated a readiness potential to move.

- Answer**
- circadian rhythm
 - eye movements
 - brain-wave activity
 - hypnagogic sensations

6. Multiple Choice: About three hours after he falls asle...

Points: **0**

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

Answer night terrors.

narcolepsy.

sleep spindles.

sleep apnea.

7. Multiple Choice: According to Freud, people dream in o...

Points: **0**

Question According to Freud, people dream in order to

Answer give expression to personally threatening drives and wishes.

prepare themselves for the challenges of the following day.

strengthen their memories of the preceding day's events.

accomplish all of these goals.

8. Multiple Choice: According to Freud, the manifest cont...

Points: **0**

Question According to Freud, the manifest content of a dream refers to the

Answer hypnagogic sensations preceding a dream.

rapid eye movements during a dream.

remembered story line of a dream.

underlying meaning of a dream.

9. Multiple Choice: According to Freud, the personally th...

Points: **0**

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

Answer manifest content.

dissociated content.

latent content.

hallucinatory content.

10. Multiple Choice: Adopted individuals are more suscepti...

Points: 0

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

Answer an inattentive blindness.

.....
a hypnagogic sensation.

genetically influenced.

.....
a form of narcolepsy.

11. Multiple Choice: Advocates of the social influence the...

Points: 0

Question Advocates of the social influence theory of hypnosis are likely to argue that

Answer hypnosis is a unique state of consciousness.

hypnotized people are simply enacting the role of "good hypnotic subjects."

.....
most hypnotized people are consciously faking hypnosis.

.....
hypnotic susceptibility is positively correlated with alcohol dependence.

12. Multiple Choice: African-American teens have _____ ...

Points: 0

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

Answer lower; higher

.....
higher; lower

.....
higher; higher

lower; lower

13. Multiple Choice: After Carlos had been asleep for abou...

Points: 0

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

Answer NREM-3 sleep.

.....
sleep apnea.

narcolepsy.

REM sleep.

14. Multiple Choice: After completing a full night of slee...

Points: **0**

Question After completing a full night of sleep, people are most likely to

Answer experience REM rebound.

think more creatively.

show signs of sleep apnea.

demonstrate apathy and loss of energy.

15. Multiple Choice: After drinking three cans of beer, Ak...

Points: **0**

Question After drinking three cans of beer, Akiva felt less guilty about the way he mistreated his wife and children. Akiva's reduced guilt most likely resulted from the fact that his alcohol consumption has

Answer destroyed some of his brain cells.

reduced his self-awareness.

directed his attention to the future.

increased his level of sympathetic nervous system arousal.

16. Multiple Choice: After four years of working nights, R...

Points: **0**

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

Answer circadian rhythm.

hypnagogic sensations.

alpha wave pattern.

sleep apnea.

17. Multiple Choice: After suffering a trauma, people comm...

Points: **0**

Question	After suffering a trauma, people commonly report an increase in
Answer	sleep apnea. narcolepsy. <input checked="" type="checkbox"/> threatening dreams. the hollow face illusion.

18. Multiple Choice: Alcohol consumption _____ sympathic... Points: **0**

Question	Alcohol consumption _____ sympathetic nervous system activity and _____ self-awareness.
Answer	<input checked="" type="checkbox"/> decreases; decreases increases; increases decreases; increases increases; decreases

19. Multiple Choice: Alcohol consumption is LEAST likely t... Points: **0**

Question	Alcohol consumption is LEAST likely to make people more
Answer	fearful. aggressive. <input checked="" type="checkbox"/> self-conscious. sexually daring.

20. Multiple Choice: Alcohol, marijuana, cocaine, and a wi... Points: **0**

Question	Alcohol, marijuana, cocaine, and a wide variety of other chemical agents that alter perceptions and moods are called
Answer	stimulants. depressants. <input checked="" type="checkbox"/> psychoactive drugs.

hallucinogens.

21. Multiple Choice: Alpha waves are associated with

Points: **0**

Question Alpha waves are associated with

Answer NREM-2 sleep.

NREM-3 sleep.

REM sleep.

a relaxed but awake state.

22. Multiple Choice: Although Mildred never experiences wi...

Points: **0**

Question Although Mildred never experiences withdrawal symptoms when deprived of alcohol, every afternoon she wants at least one drink to help her relax. Mildred has developed

Answer a physical dependence.

a psychological dependence.

both a psychological and a physical dependence.

neither a psychological nor a physical dependence.

23. Multiple Choice: Although as a result of repeated use ...

Points: **0**

Question Although as a result of repeated use of cocaine, Mark has lost his job, he continues to use the drug. Mark most clearly shows signs of

Answer REM rebound.

blindsight.

narcolepsy.

addiction.

24. Multiple Choice: An altered state of consciousness in ...

Points: **0**

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

Answer

heroin.

cocaine.

marijuana.

LSD.

25. Multiple Choice: An increase in accident rates followi...

Points: 0

Question

An increase in accident rates following the change to “daylight savings” time best illustrates the dangers of

Answer

narcolepsy.

sleep apnea.

REM rebound.

sleep deprivation.

26. Multiple Choice: Animals with the _____ need to gra...

Points: 0

Question

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

Answer

most; most

least; least

most; least

least; most

27. Multiple Choice: As a participant in a sleep-research ...

Points: 0

Question

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

Answer

an increase in REM sleep.

sleep apnea.

insomnia.

dissociation.

28. Multiple Choice: As drug users experience neuroadaptat...

Points: 0

Question As drug users experience neuroadaptation, they demonstrate signs of

Answer dissociation.

narcolepsy.

tolerance.

hallucinations.

29. Multiple Choice: Because she was listening to the news...

Points: 0

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

Answer narcolepsy.

choice blindness.

neuroadaptation.

selective attention.

30. Multiple Choice: Behaviorism encouraged psychologists ...

Points: 0

Question Behaviorism encouraged psychologists to ignore the study of

Answer addiction.

consciousness.

socialization.

insomnia.

31. Multiple Choice: Brain activity indicative of consciou...

Points: 0

Question Brain activity indicative of conscious awareness is most likely to involve synchronized activity across various regions of the

Answer cerebral cortex.

hypothalamus.

suprachiasmatic nucleus.

dopamine reward system.

32. Multiple Choice: Brain regions that are active as rats...

Points: **0**

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

Answer REM sleep.

hypnagogic sensations.

neuroadaptation.

dissociation.

33. Multiple Choice: Caged rats respond to foot shocks wit...

Points: **0**

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

Answer heroin.

cocaine.

marijuana.

barbiturates.

34. Multiple Choice: Chronic sleep debt is most likely to ...

Points: **0**

Question Chronic sleep debt is most likely to promote

Answer sleep apnea.

obesity.

insomnia.

night terrors.

35. Multiple Choice: Cindi prefers to take exams in the la...

Points: **0**

Question	Cindi prefers to take exams in the late afternoon rather than during the morning, because her energy level and ability to concentrate are better at that time. Her experience most likely reflects the influence of the
Answer	<p>REM rebound.</p> <p>menstrual cycle.</p> <p><input checked="" type="checkbox"/> circadian rhythm.</p> <p>hypnagogic state.</p>

36. Multiple Choice: Compared with nonsmokers, smokers exp... Points:

Question	Compared with nonsmokers, smokers experience
Answer	<p>lower rates of depression and higher rates of divorce.</p> <p>higher rates of depression and lower rates of divorce.</p> <p>lower rates of depression and lower rates of divorce.</p> <p><input checked="" type="checkbox"/> higher rates of depression and higher rates of divorce.</p>

37. Multiple Choice: Compared with ordinary cocaine, crack... Points:

Question	Compared with ordinary cocaine, crack produces a _____ intense high followed by a _____ intense crash.
Answer	<p>more; less</p> <p>less; more</p> <p><input checked="" type="checkbox"/> more; more</p> <p>less; less</p>

38. Multiple Choice: Consciousness is most important for t... Points:

Question	Consciousness is most important for the correct performance of behaviors that
Answer	<p>depend on information processing.</p> <p>require physical coordination skills.</p> <p>have been learned through repeated practice.</p>

are novel and challenging.

39. Multiple Choice: Damage to the brain's visual percepti...

Points: **0**

Question Damage to the brain's visual perception track without any damage to the brain's visual action track is associated with a condition known as

Answer narcolepsy.

blindsight.

neuroadaptation.

change blindness.

40. Multiple Choice: Deep sleep appears to play an importa...

Points: **0**

Question Deep sleep appears to play an important role in

Answer dissociation.

hypnagogic sensations.

posthypnotic suggestion.

physical growth.

41. Multiple Choice: Dissociation refers to

Points: **0**

Question Dissociation refers to

Answer a state of divided consciousness.

a state of paradoxical sleep.

conscious enactment of a hypnotic role.

nonconformity to social pressure.

42. Multiple Choice: Drug tolerance refers to the

Points: **0**

Question Drug tolerance refers to the

Answer absence of pain or anxiety following the use of a drug.

loss of social inhibitions following drug use.

discomfort and distress that follow the discontinued use of a drug.

reduced effect of a drug resulting from its regular usage.

43. Multiple Choice: Drugs such as alcohol and opiates tha...

Points: **0**

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

Answer hallucinogens.

depressants.

endorphins.

amphetamines.

44. Multiple Choice: During NREM-1 sleep, people may exper...

Points: **0**

Question During NREM-1 sleep, people may experience fantastic images that resemble

Answer blindsight.

hallucinations.

the pop-out phenomenon.

the hollow face illusion.

45. Multiple Choice: Eighty-year-old Mrs. West feels she h...

Points: **0**

Question Eighty-year-old Mrs. West feels she has trouble falling asleep at night. She typically gets about 6 or 7 hours of sleep every 24 hours. What should she do about this?

Answer take a sleeping pill every night

sleep with the bedroom lights on

drink an alcoholic beverage before bedtime

relax and remind herself that her sleep patterns are normal

46. Multiple Choice: Evidence that dreams reflect the brai...

Points: 0

Question Evidence that dreams reflect the brain maturation and style of thinking associated with a dreamer's age and life experience would best support the _____ theory of dream content.

- Answer**
-
 -
 -
 -
 - cognitive development

47. Multiple Choice: Evidence that people in a posthypnoti...

Points: 0

Question Evidence that people in a posthypnotic state have no difficulty consciously recalling everything they had experienced while under hypnosis would most clearly serve to challenge

- Answer**
-
 -
 - dissociation theory.
 -
 -

48. Multiple Choice: Feli is a young adult who has been as...

Points: 0

Question Feli is a young adult who has been asleep for three hours. As he continues to sleep, we can expect that

- Answer**
-
 -
 - NREM-3 sleep will diminish and that REM sleep will increase in duration.
 -
 -

49. Multiple Choice: Felix was so preoccupied with his gir...

Points: 0

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

- Answer**
-
 -
 -
 -
 -

selective attention.

hypnagogic sensations.

choice blindness.

50. Multiple Choice: Human body temperatures typically

Points: **0**

Question Human body temperatures typically

Answer rise with the approach of morning and fall with the approach of night.

rise with the approach of night and fall with the approach of morning.

rise with the approach of NREM-1 sleep and fall with the approach of REM sleep.

rise with the approach of REM sleep and fall with the approach of NREM-1 sleep.

51. Multiple Choice: Hypnotized people are no more likely ...

Points: **0**

Question Hypnotized people are no more likely to perform dangerous acts than those who are asked to simulate hypnosis. This fact is most consistent with

Answer the neural activation theory.

dissociation theory.

Freud's dream theory.

social influence theory.

52. Multiple Choice: In contrast to alcohol, marijuana

Points: **0**

Question In contrast to alcohol, marijuana

Answer is rapidly eliminated from the body.

does not impair motor coordination.

amplifies sensitivity to sounds.

does not impair memory.

53. Multiple Choice: In the United States and Canada, peop...

Points: **0**

Question In the United States and Canada, people today sleep _____ than people did a century ago.

- Answer**
- less
 - slightly more
 - much more
 - neither more nor less

54. Multiple Choice: Inattentional blindness is best descr...

Points: **0**

Question Inattentional blindness is best described as a by-product of

- Answer**
- blindsight.
 - REM rebound.
 - selective attention.
 - hypnagogic sensations.

55. Multiple Choice: Insomnia is a disorder involving

Points: **0**

Question Insomnia is a disorder involving

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

56. Multiple Choice: Instead of viewing hypnosis as simply...

Points: **0**

Question Instead of viewing hypnosis as simply role playing or as simply a matter of dissociation, researchers are using a _____ approach to explore hypnosis from complementary perspectives.

- Answer**
- neuroadaptation
 - biopsychosocial

wish-fulfillment

latent-content

57. Multiple Choice: It has been found that night terrors

Points: 0

Question It has been found that night terrors

Answer are usually recalled vividly for days following their occurrence.

are typically accompanied by a state of temporary muscular immobility or paralysis.

jolt the sleeper to a sudden state of full waking alertness.

typically occur during NREM-3 sleep.

58. Multiple Choice: Jana developed a habit of drinking se...

Points: 0

Question Jana developed a habit of drinking several beers after work each day. Her diminishing feeling of intoxication from the drinks is indicative of

Answer change blindness.

tolerance.

withdrawal.

dissociation.

59. Multiple Choice: Jana has had such terrible alcohol wi...

Points: 0

Question Jana has had such terrible alcohol withdrawal symptoms that she will not try again to cut back on her habit of drinking too much. Jana is most likely suffering from

Answer low alcohol tolerance.

narcolepsy.

alcohol dependence.

hypnagogic sensations.

60. Multiple Choice: Josef, a high school student, tells h...

Points: 0

Question	Josef, a high school student, tells his therapist that he has had a recurring dream in which he hunts and kills a ferocious tiger. The therapist explains that the dream reflects Josef's unresolved feelings of hostility toward his father. According to Freud, the therapist is revealing the possible _____ content of Josef's dream.
Answer	<p>manifest</p> <hr/> <p><input checked="" type="checkbox"/> latent</p> <hr/> <p>circadian</p> <hr/> <p>dissociated</p>

61. Multiple Choice: Kevin needs to remember what he learn... Points: **0**

Question	Kevin needs to remember what he learned in today's classes. His memory of the material is most likely to be facilitated by
Answer	<p>neuroadaptation.</p> <hr/> <p><input checked="" type="checkbox"/> slow-wave sleep.</p> <hr/> <p>NREM-1 sleep.</p> <hr/> <p>sleep apnea.</p>

62. Multiple Choice: LSD is most likely to produce Points: **0**

Question	LSD is most likely to produce
Answer	<p>narcolepsy.</p> <hr/> <p><input checked="" type="checkbox"/> hallucinations.</p> <hr/> <p>dissociation.</p> <hr/> <p>blindsight.</p>

63. Multiple Choice: Low doses of alcohol enliven a drinke... Points: **0**

Question	Low doses of alcohol enliven a drinker by acting as a(n)
Answer	<p>stimulant.</p> <hr/> <p>hallucinogen.</p> <hr/> <p><input checked="" type="checkbox"/> disinhibitor.</p>

amphetamine.

64. Multiple Choice: Margie insists that she never dreams,...

Points: **0**

Question	Margie insists that she never dreams, but her roommate feels she can prove otherwise. To prove that Margie does dream, the roommate should
Answer	<p>feed Margie lots of rich food just before bedtime.</p> <p>make an all-night audiotape of the sounds Margie makes while sleeping.</p> <p>wake Margie after she has been asleep for about 5 minutes and ask her what she's dreaming.</p> <p><input checked="" type="checkbox"/> wake Margie after 5 minutes of REM sleep and ask her what she's dreaming.</p>

65. Multiple Choice: Mark's abuse of alcohol and other add...

Points: **0**

Question	Mark's abuse of alcohol and other addictive drugs is influenced by genetic factors, by the ready availability of drugs in Mark's neighborhood, and by Mark's failure to accurately assess the risks associated with drug usage. An understanding of Mark's difficulties within the framework of multiple levels of analysis is most clearly provided by
Answer	<p>a dual-processing theory.</p> <p>a neural activation perspective.</p> <p><input checked="" type="checkbox"/> a biopsychosocial approach.</p> <p>the neuroadaptation model.</p>

66. Multiple Choice: Methamphetamine enhances energy and m...

Points: **0**

Question	Methamphetamine enhances energy and mood by triggering the release of the neurotransmitter
Answer	<p>cortisol.</p> <p><input checked="" type="checkbox"/> dopamine.</p> <p>orexin.</p> <p>leptin.</p>

67. Multiple Choice: Mice with _____ levels of _____...

Points: 0

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

Answer low; REM

high; REM

low; NPY

high; NPY

68. Multiple Choice: Mr. Dayton occasionally stops breathi...

Points: 0

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

Answer sleep apnea.

narcolepsy.

insomnia.

night terrors.

69. Multiple Choice: NREM-1 sleep is likely to be associat...

Points: 0

Question NREM-1 sleep is likely to be associated with

Answer blindsight.

delta waves.

sleep spindles.

hypnagogic sensations.

70. Multiple Choice: NREM-2 sleep is to _____ as NREM-3...

Points: 0

Question NREM-2 sleep is to _____ as NREM-3 sleep is to _____.

Answer alpha waves; sleep spindles

sleep spindles; delta waves

delta waves; alpha waves

alpha waves; rapid eye movements

71. Multiple Choice: Nembutal, Seconal, and Amytal, drugs ...

Points: 0

Question Nembutal, Seconal, and Amytal, drugs prescribed to reduce insomnia, are

Answer barbiturates.

amphetamines.

opiates.

mild hallucinogens.

72. Multiple Choice: Neural connections supporting “...

Points: 0

Question Neural connections supporting “muscle memories” learned while practicing tennis are strengthened by

Answer hypnagogic sensations.

neuroadaptation.

blindsight.

REM sleep.

73. Multiple Choice: Nicotine calms anxiety and diminishes...

Points: 0

Question Nicotine calms anxiety and diminishes sensitivity to pain by triggering the release of

Answer epinephrine.

dopamine.

MDMA.

THC.

74. Multiple Choice: Nicotine triggers a(n) _____ in bl...

Points: 0

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

Answer increase; decrease

increase; increase

decrease; decrease

decrease; increase

75. Multiple Choice: One study of long-haul truck drivers ...

Points: **0**

Question One study of long-haul truck drivers showed that they were at 23 times greater risk of a collision while texting. This best illustrates the impact of

Answer the pop-out phenomenon.

hypnagogic sensations.

selective attention.

REM rebound.

76. Multiple Choice: One version of neural activation theo...

Points: **0**

Question One version of neural activation theory best helps to explain why

Answer most dreams are realistic portrayals of pleasant life events.

people often experience sudden visual images during REM sleep.

dreams typically express unacceptable feelings in a symbolically disguised form.

individuals with sleep apnea are unable to recall any of their dreams.

77. Multiple Choice: Our awareness of ourselves and our en...

Points: **0**

Question Our awareness of ourselves and our environment is called

Answer biological psychology.

neuroadaptation.

consciousness.

neuroscience.

78. Multiple Choice: Paradoxical sleep is to slow-wave sle...

Points: 0

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

Answer NREM-1; REM

REM; NREM-2

NREM-2; REM

REM; NREM-3

79. Multiple Choice: Parallel processing is to sequential ...

Points: 0

Question Parallel processing is to sequential processing as _____ is to _____.

Answer daydream; sleep dream

sleep dream; daydream

unconsciousness; consciousness

consciousness; unconsciousness

80. Multiple Choice: Participants in a sexual stimulation ...

Points: 0

Question Participants in a sexual stimulation study who mistakenly thought they had consumed alcohol were more likely to report having strong sexual fantasies and feeling guilt-free than those who thought they had not consumed alcohol. This study best illustrated the impact of

Answer drug tolerance.

physical dependence.

user expectations.

neuroadaptation.

81. Multiple Choice: People at one Swedish supermarket wer...

Points: 0

Question

People at one Swedish supermarket were invited to taste two markedly different jams and then pick their preferred jam to retaste. Fooled by trick jars, they readily explained their jam preference without realizing that they had actually retasted their nonpreferred jam. Their failure to notice anything odd best illustrated

- Answer**
- neuroadaptation.
 - choice blindness.
 - the pop-out phenomenon.
 - posthypnotic suggestion.

82. Multiple Choice: People become unresponsive to hypnosi...

Points: **0**

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

- Answer**
- dissociation.
 - conscious role playing.
 - neuroadaptation.
 - hypnagogic sensations.

83. Multiple Choice: People hypnotized for pain relief may...

Points: **0**

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

- Answer**
- paradoxical sleep.
 - narcolepsy.
 - dissociation.
 - hallucinations.

84. Multiple Choice: People who carry out a suggestion not...

Points: **0**

Question People who carry out a suggestion not to smell or react to a bottle of ammonia held under their noses are likely to be highly responsive to

- Answer**
- neuroadaptation.

sleep spindles.

hypnotic induction.

the pop-out phenomenon.

85. Multiple Choice: People who use _____ are often abl...

Points: **0**

Question People who use _____ are often able to discontinue their drug use without professional help.

Answer nicotine

cocaine

alcohol

any of these drugs

86. Multiple Choice: Preserving and expanding the brain's ...

Points: **0**

Question Preserving and expanding the brain's neural pathways has been suggested as an important function of

Answer neuroadaptation.

dissociation.

blindsight.

dreaming.

87. Multiple Choice: Prior to the twentieth century, psych...

Points: **0**

Question Prior to the twentieth century, psychology was considered to be the study of

Answer the circadian rhythm.

neuroadaptation.

consciousness.

narcolepsy.

88. Multiple Choice: Production of the human growth hormon...

Points: **0**

Question	Production of the human growth hormone necessary for muscle development is _____ by slow-wave sleep, which occurs mostly in the _____ half of a long night's sleep.
Answer	<p>inhibited; first</p> <hr/> <p><input checked="" type="checkbox"/> facilitated; first</p> <hr/> <p>inhibited; second</p> <hr/> <p>facilitated; second</p>

89. Multiple Choice: Professor Rodriguez studies how activ... Points: **0**

Question	Professor Rodriguez studies how activating specific regions of the brain affects dream content. Her work best illustrates the subfield of
Answer	<p>psychoanalysis.</p> <hr/> <p>neuroadaptation.</p> <hr/> <p><input checked="" type="checkbox"/> cognitive neuroscience.</p> <hr/> <p>evolutionary psychology.</p>

90. Multiple Choice: Pushing back school start times has b... Points: **0**

Question	Pushing back school start times has been found to _____ adolescent mood states and _____ adolescent alertness.
Answer	<p>impair; improve</p> <hr/> <p>improve; impair</p> <hr/> <p>impair; impair</p> <hr/> <p><input checked="" type="checkbox"/> improve; improve</p>

91. Multiple Choice: Regular users of _____ may achieve... Points: **0**

Question	Regular users of _____ may achieve a high with smaller amounts of the drug than occasional users.
Answer	<p>alcohol</p> <hr/> <p>morphine</p>

marijuana

heroin

92. Multiple Choice: Repeated use of amphetamines has caus...

Points: **0**

Question Repeated use of amphetamines has caused Aaron legal problems, which threaten his job. However, he continues to use the drugs. Aaron most clearly shows symptoms of

Answer dissociation.

substance-related disorder.

REM rebound.

narcolepsy.

93. Multiple Choice: Research has indicated that hypnosis

Points: **0**

Question Research has indicated that hypnosis

Answer can force people to act against their will.

can block sensory input.

is helpful in overcoming alcohol addictions.

enables some people to undergo surgery without anesthesia.

94. Multiple Choice: Research indicates that alcohol

Points: **0**

Question Research indicates that alcohol

Answer impairs short-term recall of what has just been said.

disrupts the processing of recent experiences into long-term memories.

impairs recall of existing long-term memories.

increases REM sleep.

95. Multiple Choice: Research indicates that hypnotherapy ...

Points: **0**

Question	Research indicates that hypnotherapy is especially helpful for the treatment of
Answer	<input checked="" type="checkbox"/> obesity. <hr/> nail biting. <hr/> alcohol abuse. <hr/> smoking addiction.

96. Multiple Choice: Research indicates that memories retr... Points: **0**

Question	Research indicates that memories retrieved during hypnosis are
Answer	forgotten again as soon as the person awakens from the hypnotic state. <hr/> accurate recollections of information previously learned. <hr/> experienced as being inaccurate even when they are true. <hr/> <input checked="" type="checkbox"/> often a combination of fact and fiction.

97. Multiple Choice: Research on the use of addictive drug... Points: **0**

Question	Research on the use of addictive drugs indicates that
Answer	the majority of people become addicted to cocaine within a couple of years of their first use. <hr/> <input checked="" type="checkbox"/> individuals who are given morphine for pain relief seldom develop the irresistible cravings of an addict. <hr/> only a small minority of America's ex-smokers kicked the habit on their own. <hr/> regular marijuana smokers typically experience an irresistible craving for LSD.

98. Multiple Choice: Research showed that research partici... Points: **0**

Question	Research showed that research participants ordered to plunge their hands into what they think is acid, and then throw the "acid" in a research assistant's face, will
Answer	refuse to do either, even when hypnotized. <hr/> plunge their hands into the "acid" but will not throw it when hypnotized. <hr/> plunge their hands into the "acid" and throw it in the assistant's face, but only when hypnotized.

- plunge their hands into the “acid” and throw it in the assistant's face, whether hypnotized or not.

99. Multiple Choice: Research suggests that an important f...

Points: **0**

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

Answer having a parent who suffers from narcolepsy.

- feeling that one's life is meaningless.
- abnormally high levels of the brain chemical NPY.
- sleep apnea.

100. Multiple Choice: Researchers have discovered genes tha...

Points: **0**

Question Researchers have discovered genes that cause

Answer REM rebound.

- narcolepsy.
- dissociation.
- hypnagogic sensations.

101. Multiple Choice: Selective attention is best illustrat...

Points: **0**

Question Selective attention is best illustrated by

Answer blindsight.

- narcolepsy.
- neuroadaptation.
- the cocktail party effect.

102. Multiple Choice: Sequences of images notable for their...

Points: **0**

Question Sequences of images notable for their hallucinatory quality are most likely to be associated with

Answer

blindsight.

REM dreams.

the cocktail party effect.

the pop-out phenomenon.

103. Multiple Choice: Shane, a straight-A student, remember...

Points: **0**

Question

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

Answer

paradoxical

dissociated

hypnagogic

manifest

104. Multiple Choice: Sleep apnea is a disorder involving

Points: **0**

Question

Sleep apnea is a disorder involving

Answer

temporary cessations of breathing during sleep.

periodic uncontrollable attacks of overwhelming sleepiness.

hypnagogic sensations of falling or floating weightlessly.

the excessive use of sleeping pills or other sleep-inducing drugs.

105. Multiple Choice: Sleep deprivation _____ levels of ...

Points: **0**

Question

Sleep deprivation _____ levels of the hormone ghrelin and _____ levels of the hormone leptin.

Answer

increases; increases

decreases; decreases

increases; decreases

decreases; increases

106. Multiple Choice: Sleep deprivation increases levels of...

Points: 0

Question Sleep deprivation increases levels of the stress hormone

Answer cortisol.

.....
melatonin.

.....
leptin.

.....
serotonin.

107. Multiple Choice: Sleep spindles are characteristic of ...

Points: 0

Question Sleep spindles are characteristic of _____ sleep.

Answer NREM-1

.....
 NREM-2

.....
NREM-3

.....
REM

108. Multiple Choice: Sleepwalking may occur during

Points: 0

Question Sleepwalking may occur during

Answer NREM-1 sleep.

.....
NREM-2 sleep.

.....
REM sleep.

.....
 any stage of sleep.

109. Multiple Choice: Sleepwalking typically occurs during

Points: 0

Question Sleepwalking typically occurs during

Answer NREM-1 sleep.

.....
NREM-2 sleep.

.....
 NREM-3 sleep.

REM sleep.

110. Multiple Choice: Slow-wave sleep promotes

Points: 0

Question Slow-wave sleep promotes

Answer effective memory.

REM rebound.

narcolepsy.

insomnia.

111. Multiple Choice: Sodium pentothal has sometimes been c...

Points: 0

Question Sodium pentothal has sometimes been called a “truth serum” because it relaxes people and enables them to more freely disclose personally embarrassing experiences. It is most likely that sodium pentothal is a(n)

Answer barbiturate.

amphetamine.

hallucinogen.

form of cocaine.

112. Multiple Choice: Soon after taking a psychoactive drug...

Points: 0

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

Answer cocaine.

heroin.

LSD.

nicotine.

113. Multiple Choice: Standing in the checkout line at the ...

Points: 0

Question	Standing in the checkout line at the grocery store, Jerry kept looking at his watch to see the time. As a result, he failed to see that a store employee was being robbed by a person just in front of him. Jerry most clearly suffered
Answer	REM rebound. <input checked="" type="checkbox"/> inattentional blindness. blindsight. narcolepsy.

114. Multiple Choice: Stimulants are to caffeine as depressants are to Points: **0**

Question	Stimulants are to caffeine as depressants are to
Answer	<input checked="" type="checkbox"/> heroin. cocaine. marijuana. LSD.

115. Multiple Choice: Sympathetic nervous system activity is reduced by Points: **0**

Question	Sympathetic nervous system activity is reduced by
Answer	nicotine. <input checked="" type="checkbox"/> alcohol. amphetamines. cocaine.

116. Multiple Choice: Taking an overdose of _____ is likely to result in death. Points: **0**

Question	Taking an overdose of _____ is likely to result in death.
Answer	barbiturates morphine heroin

any of these drugs

117. Multiple Choice: Terry has not had a decent night's sl...

Points: **0**

Question Terry has not had a decent night's sleep in over a week. If this sleep deprivation continues, he will become increasingly susceptible to

Answer viral infections.

.....
sleep apnea.

.....
insomnia.

.....
night terrors.

118. Multiple Choice: The ability to consciously recognize ...

Points: **0**

Question The ability to consciously recognize and name the color of an object while we simultaneously and unconsciously monitor the object's shape and movement illustrates

Answer the pop-out phenomenon.

.....
neuroadaptation.

dual processing.

.....
blindsight.

119. Multiple Choice: The ability to pay attention to only ...

Points: **0**

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

Answer dual processing.

.....
change blindness.

.....
neuroadaptation.

the cocktail party effect.

120. Multiple Choice: The altered state of consciousness th...

Points: **0**

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

Answer REM sleep.

the near-death experience.

hypnosis.

narcolepsy.

121. Multiple Choice: The best predictor of an adolescent's...

Points: **0**

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

Answer has close friends who use drugs.

grows up in an intact two-parent family.

has religious beliefs.

owns his or her own car.

122. Multiple Choice: The disorder involving uncontrollable...

Points: **0**

Question The disorder involving uncontrollable attacks of overwhelming sleepiness is known as

Answer narcolepsy.

insomnia.

sleep apnea.

paradoxical sleep.

123. Multiple Choice: The divided consciousness theory of h...

Points: **0**

Question The divided consciousness theory of hypnosis states that hypnosis involves

Answer role playing.

dissociation.

blindsight.

paradoxical sleep.

124. Multiple Choice: The emotional tone of our dreams is e...

Points: 0

Question	The emotional tone of our dreams is especially likely to be influenced by activation of the _____ during REM sleep.
Answer	<p>sensory cortex</p> <p><input checked="" type="checkbox"/> limbic system</p> <p>frontal lobes</p> <p>pineal gland</p>

125. Multiple Choice: The experience of blindsight in certa...

Points: 0

Question	The experience of blindsight in certain people who have suffered brain damage best illustrates the importance of our normal human capacity for
Answer	<p>change blindness.</p> <p><input checked="" type="checkbox"/> dual processing.</p> <p>REM rebound.</p> <p>neuroadaptation.</p>

126. Multiple Choice: The impact of circadian rhythms is be...

Points: 0

Question	The impact of circadian rhythms is best illustrated by
Answer	<p>the differing musical preferences of younger and older persons.</p> <p><input checked="" type="checkbox"/> fluctuations in energy level and alertness across the span of a day.</p> <p>the different study habits of men and women.</p> <p>the different personalities of people born during different months of the year.</p>

127. Multiple Choice: The interdisciplinary study of brain ...

Points: 0

Question	The interdisciplinary study of brain activity linked with our mental processes is known as
Answer	<p>behaviorism.</p> <p>behavior genetics.</p> <p><input checked="" type="checkbox"/> cognitive neuroscience.</p>

evolutionary psychology.

128. Multiple Choice: The large, slow brain waves associate...

Points: 0

Question The large, slow brain waves associated with NREM-3 sleep are called

Answer alpha waves.

beta waves.

sleep spindles.

delta waves.

129. Multiple Choice: The major effect of _____ is to re...

Points: 0

Question The major effect of _____ is to release stored serotonin and block its reuptake.

Answer alcohol

heroin

Ecstasy

Nembutal

130. Multiple Choice: The need to use a drug simply to reli...

Points: 0

Question The need to use a drug simply to relieve negative emotions rather than to relieve physical withdrawal symptoms is an indication of

Answer psychological dependence.

blindsight.

drug tolerance.

dissociation.

131. Multiple Choice: The occurrence of REM rebound support...

Points: 0

Question The occurrence of REM rebound supports the notion that

Answer

as people grow older they need to spend progressively more time dreaming.

dreams are triggered by random bursts of neural activity.

dreams help to solidify our memories of daytime experiences.

humans, like most other mammals, need REM sleep.

132. Multiple Choice: The pattern of biological functioning...

Points: **0**

Question The pattern of biological functioning that occurs on a roughly 24-hour cycle is called the

Answer REM rebound.

circadian rhythm.

neuroadaptation.

dopamine reward system.

133. Multiple Choice: The three main categories of psychoac...

Points: **0**

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

Answer amphetamines.

tranquilizers.

hallucinogens.

endorphins.

134. Multiple Choice: To cure his insomnia, Mr. Ming takes ...

Points: **0**

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

Answer may actually make Mr. Ming's insomnia worse when it is discontinued.

may help Mr. Ming permanently overcome his insomnia.

has probably increased Mr. Ming's REM sleep.

may make Mr. Ming more vulnerable to sleep apnea.

135. Multiple Choice: Twenty-two-year-old Felicia scores hi...

Points: 0

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

- Answer**
- below-average intelligence.
 - an above-average ability to hypnotize others.
 - difficulty keeping her attention focused on any specific task.
 - a creative imagination.

136. Multiple Choice: Unconscious information processing is...

Points: 0

Question Unconscious information processing is more likely than conscious processing to

- Answer**
- occur slowly.
 - be limited in capacity.
 - contribute to effective problem solving.
 - occur simultaneously on several tracks.

137. Multiple Choice: When Jason briefly turned to summon t...

Points: 0

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

- Answer**
- hypnagogic sensations.
 - neuroadaptation.
 - change blindness.
 - dissociation.

138. Multiple Choice: When Vincente first tried to quit smo...

Points: 0

Question When Vincente first tried to quit smoking, he experienced anxiety, irritability, and difficulty sleeping. Vincente was experiencing

- Answer**
- withdrawal.

sleep apnea.

dissociation.

REM rebound.

139. Multiple Choice: When allowed to sleep 9 hours a night...

Points: **0**

Question When allowed to sleep 9 hours a night on a regular basis, college students are most likely to

Answer experience REM rebound.

study more effectively.

show signs of sleep apnea.

demonstrate apathy and loss of energy.

140. Multiple Choice: When dreamers' faces were lightly spr...

Points: **0**

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

Answer sleep apnea.

hypnagogic sensations.

dreams about water.

paradoxical sleep.

141. Multiple Choice: When light strikes the retina, it sig...

Points: **0**

Question When light strikes the retina, it signals the suprachiasmatic nucleus to suppress the production of _____ by the pineal gland.

Answer melatonin

serotonin

acetylcholine

dopamine

142. Multiple Choice: When moderately intoxicated by alcohol

Points: **0**

Question When moderately intoxicated by alcohol

Answer an angry person tends to be more aggressive than usual.

.....
a giving person tends to be more generous than usual.

.....
a sexually aroused person tends to be more sexually active than usual.

.....
 all of these people tend to behave as stated.

143. Multiple Choice: When people are experiencing vivid dr...

Points: **0**

Question When people are experiencing vivid dreams

Answer their bodies often move in accordance with what they dream.

.....
 their eyes are likely to move under their closed eyelids.

.....
they are more likely to emit sleep spindles than during any other stage of sleep.

.....
their slow brain-wave patterns indicate that they are deeply asleep.

144. Multiple Choice: When subjected to a painful medical p...

Points: **0**

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

Answer show physiological activation of the sensory cortex.

.....
exhibit a brain-wave pattern similar to that of NREM-3 sleep.

.....
have no sensory experience of the pain-producing procedure.

.....
be unable to remember anything that occurred during the procedure.

145. Multiple Choice: Which of the following drugs is class...

Points: **0**

Question Which of the following drugs is classified as a stimulant?

Answer marijuana

.....
morphine

.....
alcohol

nicotine

146. Multiple Choice: Which of the following drugs is most ...

Points: **0**

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

Answer Seconal

opium

Ecstasy

marijuana

147. Multiple Choice: Which of the following helps to resto...

Points: **0**

Question Which of the following helps to restore and repair neurons following the body's production of excess free radicals?

Answer selective attention

the fight-or-flight response

magnetic resonance imaging

sleep

148. Multiple Choice: Which of the following is NOT charact...

Points: **0**

Question Which of the following is NOT characteristic of REM sleep?

Answer Heart and breathing rates increase.

The eyes move rapidly under closed lids.

Brain waves become more rapid.

Voluntary muscles tense and become more active.

149. Multiple Choice: Which of the following is a sleep-ind...

Points: **0**

Question Which of the following is a sleep-inducing hormone?

Answer epinephrine

serotonin

norepinephrine

melatonin

150. Multiple Choice: Which of the following is most likely...

Points: **0**

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

Answer bed-wetting

sleep spindles

hallucinations

genital arousal

151. Multiple Choice: Which of the following provides a cle...

Points: **0**

Question Which of the following provides a clear indication of physical dependence?

Answer withdrawal symptoms

hallucinations

narcolepsy

REM rebound

152. Multiple Choice: Which of the following sleep disorder...

Points: **0**

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

Answer night terrors

insomnia

sleepwalking

narcolepsy

153. Multiple Choice: Which of the following typically occur...

Points: 0

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

Answer night terrors

genital arousal

bed-wetting

muscular tension

154. Multiple Choice: Which sleep disorder is more likely t...

Points: 0

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

Answer narcolepsy

sleep apnea

night terrors

insomnia

155. Multiple Choice: While Bev was hypnotized, her therapi...

Points: 0

Question While Bev was hypnotized, her therapist suggested that during the next several days she would have a strong desire to eat well-balanced meals. The therapist was apparently making use of

Answer the circadian rhythm.

posthypnotic suggestion.

neuroadaptation.

paradoxical sleep.

156. Multiple Choice: Who might be tempted to use amphetami...

Points: 0

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

Answer Victor, who wants relief from depression

Karl, who wants to lose a lot of weight

Milan, who wants to win his boxing match

- All of these people might be tempted to use amphetamines.

157. Multiple Choice: Women become increasingly morning-ori...

Points: **0**

Question Women become increasingly morning-oriented “larks” as they have children and also as they transition to menopause. This best illustrates that age and experience can alter our

Answer hypnagogic sensations.

- circadian rhythm.

neuroadaptation.

REM rebound.

158. Multiple Choice: You typically fail to consciously per...

Points: **0**

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

Answer neuroadaptation.

change blindness.

dissociation.

- selective attention.

159. Multiple Choice: Young adolescents are especially like...

Points: **0**


Question Young adolescents are especially likely to begin smoking if they

Answer have friends and relatives who smoke.

experience narcolepsy.

are optimistic about their future.

suffer high blood pressure.

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