MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

1) Which of the following is the most complete and accurate definition of psychology? 1) _______
   A) The study of the human mind.
   B) The study of mental health and illness.
   C) The study of behavior and mental processes.
   D) The study of the mind of humans and other animals.

2) The first psychology laboratory was established in 1879 in Leipzig, Germany, by _______. 2) _______
   A) Joseph Gall
   B) William James
   C) Wilhelm Wundt
   D) Sigmund Freud

3) In order to break down behavior to its basic elements, Wilhelm Wundt developed the method of ________, in which individuals carefully observed, analyzed, and described their own sensations, mental images, and emotions.
   A) introspection
   B) nervousness
   C) consciousness
   D) functionalism

4) Several middle-school girls were watching their classmates, Jon and Jason, engage in a rough-and-tumble wrestling match. The attention of the girls seemed to intensify the boys' play. A psychologist trained in the functionalist perspective would most likely wonder, ________?
   A) what is the purpose of rough-and-tumble play in the adaptive changes of early adolescence
   B) what are the basic emotional reactions evoked by the presence of the girls
   C) did these boys have traumas in childhood that unconsciously cause aggressive behavior
   D) do these boys have smaller head bumps devoted to "cautiousness" than most boys

5) Which of the following is both a theory of personality and a method of psychotherapy originally formulated by Sigmund Freud that emphasizes unconscious motives and conflicts? 5) _______
   A) Functionalism
   B) Phrenology
   C) Psychoanalysis
   D) Introspection

6) Psychoanalysis is a theory of personality and a method of psychotherapy originally formulated by ________ that emphasizes unconscious motives and conflicts.
   A) William James
   B) Wilhelm Wundt
   C) Fritz Hopfner
   D) Sigmund Freud

7) The ________ perspective emphasizes bodily events and changes associated with thoughts, feelings, and actions.
   A) learning
   B) sociocultural
   C) biological
   D) cognitive
8) Which perspective in psychology emphasizes adaptive mechanisms that developed in humans and that may help explain human commonalities in cognition, development, emotion, and social practices?
   A) The biological perspective     B) The psychodynamic perspective
   C) The evolutionary perspective   D) The cognitive perspective

9) Mark has a strong desire to quit smoking. A psychologist from the biological perspective would most likely try to help by ________.
   A) delivering a shock to Mark's wrist just as he inhales
   B) emphasizing that smoking is a decision and Mark has the cognitive control to quit
   C) finding a drug that helps reduce Mark's craving for nicotine
   D) probing Mark's unconscious desire to smoke and his need for oral fulfillment

10) The ________ perspective emphasizes how the environment and experience affect a person's actions.
    A) cognitive     B) biological     C) learning     D) sociocultural

11) Professor Sitton approaches questions about human behavior from a perspective that emphasizes the rewards and punishments that maintain or discourage certain specific behaviors. She does not invoke the mind to explain behavior but sticks to what she can observe and measure directly. It is most likely that she accepts which of the following psychological approaches?
    A) Learning     B) Biological     C) Cognitive     D) Psychodynamic

12) The ________ perspective emphasizes mental processes, such as perception, memory, language, or problem solving.
    A) cognitive     B) learning     C) sociocultural     D) biological

13) Several middle-school girls were watching their classmates, Jon and Jason, engage in a rough-and-tumble wrestling match. The attention of the girls seemed to intensify the boys' play. A psychologist trained in the psychoanalytic perspective would most likely wonder, ________?
    A) what is the purpose of rough-and-tumble play in the adaptive changes of early adolescence
    B) do these boys have smaller head bumps devoted to "cautiousness" than most boys
    C) what are the basic emotional reactions evoked by the presence of the girls
    D) did these boys have early childhood traumas that unconsciously cause aggressive behavior

14) The ________ perspective emphasizes how other individuals, within a social context, influence how we perceive the world.
    A) cognitive     B) learning     C) sociocultural     D) psychodynamic
15) Dr. Linn, a sociocultural psychologist, has released a new book based on her applied research on how to raise a child’s IQ. Which of the following possible book titles would best reflect her perspective?
   A) Raising Your Child’s IQ with Effective Problem Solving
   B) How Good Study Habits Can Raise Your Child’s IQ
   C) The Importance of Vitamins to Intelligence
   D) How TV, Movies, and Friends Influence Intelligence

16) A _______ psychologist will examine the roots of one's personality to uncover unresolved conflicts from one's past.
   A) psychodynamic
   B) sociocultural
   C) biological
   D) learning

17) Dr. Sardonicus is a psychodynamic psychologist who is studying the causes of excessive violence among some football players. He is likely to consider whether _______.
   A) the more aggressive players have experienced brain injuries
   B) there is a reward for players who engage in excessive violence
   C) the culture has shaped football players to become more violent than in the past
   D) the more aggressive players experienced emotional trauma that shaped their personality

18) _______ is a movement in psychology that emphasizes free will, personal growth, and the achievement of human potential.
   A) Feminist psychology
   B) Psychoanalysis
   C) Humanist psychology
   D) Social psychology

19) Which of the following statements describes a belief that is central to humanist psychologists?
   A) Our behavior is determined by other people.
   B) People are not capable of free will.
   C) People should strive to fulfill themselves and achieve their potential.
   D) Our behavior is determined by unconscious forces.

20) Psychologists who conduct psychological research in order to seek knowledge for its own sake work in _______ psychology.
    A) applied
    B) humanist
    C) basic
    D) positive

21) Psychologists who conduct psychological research to study issues that have direct practical significance work in _______ psychology.
    A) applied
    B) positive
    C) humanist
    D) basic

22) What is the difference between basic research and applied research?
    A) Basic research involves experimentation, whereas applied research involves psychiatry.
    B) Basic research studies animals, whereas applied research studies humans.
    C) Basic research seeks knowledge for its own sake, whereas applied research is concerned with finding uses for knowledge.
    D) Basic research studies physical processes, whereas applied research studies mental processes.
23) _______ psychologists generally help people deal with problems of everyday life, such as test anxiety, family conflicts, or low job motivation.
   A) Clinical  B) School  C) Counseling  D) Research

24) Dr. Ramone works with students and their parents to improve students' performance and resolve emotional difficulties. It is most likely that Dr. Ramone is a _______ psychologist.
   A) counseling  B) clinical  C) research  D) school

25) Dr. Garcia is trained to diagnose and treat mental and emotional problems. Dr. Garcia is a _______ psychologist.
   A) counseling  B) clinical  C) research  D) school

26) Dr. Braun has been treating a child with Attention Deficit Hyperactivity Disorder. She decides to write a prescription for Ritalin. Given this information, it is most likely that Dr. Braun is a _______.
   A) clinical psychologist  B) psychiatrist  C) school psychologist  D) psychoanalyst

27) Kelley works with married couples to help them resolve problems in their relationships rather than serious psychological problems within the individuals. It is most likely that Kelley is a _______.
   A) psychoanalyst  B) school psychologist  C) licensed counselor  D) psychiatrist

28) Critical thinking may be defined as _______.
   A) using evidence to make objective judgments
   B) using insight to assess claims made by researchers
   C) detecting emotional cues to find hidden agendas
   D) negative thinking when trying to solve a problem

29) A statement that attempts to predict or to account for a set of phenomena is called a(n) _______.
   A) norm  B) operational definition  C) hypothesis  D) theory

30) Which of the following is NOT one of the critical thinking guidelines?
   A) Analyze biases.  B) Define your terms.
   C) Rely on common sense.  D) Tolerate uncertainty.

31) A hypothesis is defined as _______.
   A) a statement that attempts to predict a set of phenomena, and specifies relationships among variables that can be empirically tested
   B) an organized system of assumptions and principles that purports to explain a specified set of phenomena and their interrelationships
   C) the principle that a scientific theory must make predications that are specific enough to expose the theory to the possibility of disconfirmation
   D) the precise meaning of a term that specifies the operations for observing and measuring the process or phenomenon being investigated
32) ”I really want to believe that my memory of the day I spent at Disneyland as a preschooler is true, but simply wanting to believe doesn’t mean it is true.” This example illustrates which of the following critical thinking guidelines?

33) A group of participants that accurately represents the larger population a researcher is interested in is called a(n) ________.
   A) research sample B) representative sample C) proportional sample D) case study

34) Research methods that depict behavior but are not necessarily causal explanations are called ________.
   A) significance tests B) descriptive methods C) single-blind studies D) experimental methods

35) A(n) ________ is a descriptive research method that provides a detailed description of a particular individual being studied or treated.
   A) observational study B) psychological test C) survey D) case study

36) Dr. Olson wants to know whether the first three years of life are critical for acquiring language. She decides to study the relatively few children who have been deprived of exposure to human language. The appropriate method to use to explore this issue would be a(n) ________.
   A) psychological test B) case study C) survey D) experiment

37) Which of the following statements is true of case studies?
   A) The information gained can usually be applied to others in similar situations.
   B) Researchers tend to be less biased when working with individuals than working with groups.
   C) They are the most reliable way to discover specific causes of behaviors.
   D) They produce a more detailed picture of an individual than other methods do.

38) Procedures used to measure and evaluate personality traits, emotional states, aptitudes, and values are called ________.
   A) control conditions B) laboratory observations C) field research D) psychological tests

39) Established standards of performance on psychological tests are referred to as ________.
   A) surveys B) reliability C) norms D) validity
40) A psychological test is said to be valid if it _______.
   A) produces the same results from one time to the next
   B) compares results against established standards of performance
   C) allows test-takers to fully demonstrate the extent of their abilities
   D) measures what it is designed to measure

41) A research study that looks for a consistent relationship between two variables is called a(n) _______.
   A) case study  B) correlational study
   C) field study  D) survey

42) Which of the following pairs best represent a positive correlation?
   A) Hours spent watching TV and grade point average
   B) Average income and the incidence of dental disease
   C) The price of a car and the age of a car
   D) School grades and IQ

43) Which of the following pairs best represents a negative correlation?
   A) Amount of exercise and occurrence of illness
   B) Adult shoe size and IQ
   C) Hours spent studying and grade-point average
   D) Height and weight

44) A controlled test of a hypothesis, in which the researcher manipulates a variable to discover its effect on other variables, is called a(n) _______.
   A) experiment  B) correlational study
   C) survey  D) control condition

45) Which of the following research methods allows the experimenter to draw conclusions about cause and effect?
   A) Survey  B) Experiment  C) Case study  D) Tests

46) Which of the following terms refers to the idea that people who participate in research studies must do so voluntarily and must be given enough information to make an intelligent decision about whether to participate?
   A) Criterion validity  B) Informed consent
   C) Experimental clarification  D) The basic research ethic

47) The variable in an experiment that the researcher manipulates is called the _______.
   A) control variable  B) dependent variable
   C) placebo  D) independent variable

48) Professor Marshall wants to know if eating sweets for a bedtime snack makes children active. In his study sweets before bedtime would be the _______.
   A) placebo  B) control variable
   C) dependent variable  D) independent variable
49) A researcher wants to know whether feeling nervous makes people eat chocolate. The amount of chocolate eaten would be __________.
   A) a placebo
   B) either an independent or dependent variable
   C) an independent variable
   D) a dependent variable

50) Researchers are studying the effects of nicotine on driving. The participants are divided into two groups. One group is provided with nicotine cigarettes and the other with fake cigarettes that taste and smell like real cigarettes but do not contain nicotine. The fake cigarettes are an example of a(n) __________.
   A) placebo
   B) dependent variable
   C) experimental group
   D) random assignment

ESSAY. Write your answer (3-5 sentences) in the space provided on the back of your scantron sheet.

51) In what ways have psychology's past (old school) and contemporary (new school) psychologists come to the same conclusions regarding human nature? In what ways did the forerunners of psychology differ in their theories and explanations of human behavior and thought? How did the forerunners of psychology "set the stage" for future psychological scientists? Use examples to illustrate your points.

SHORT ANSWER. In one or two sentences answer the following short response questions.

52) What does it mean to say that TV watching is positively correlated with children's aggressiveness?

53) Distinguish between basic and applied psychology.

ESSAY. Write your answer (3-5 sentences) in the space provided on the back of your scantron sheet.
Answer Key
Testname: CH 1 TEST

1) C
2) C
3) A
4) A
5) C
6) D
7) C
8) C
9) C
10) C
11) A
12) A
13) D
14) C
15) D
16) A
17) D
18) C
19) C
20) C
21) A
22) C
23) C
24) D
25) C
26) B
27) C
28) A
29) C
30) C
31) A
32) D
33) B
34) B
35) D
36) B
37) D
38) D
39) C
40) D
41) B
42) D
43) A
44) A
45) B
46) B
47) D
48) D
49) D
50) A

51) • Similarity: Both aimed to describe, predict, understand, and modify human behavior
• Difference: Scholars of the past did not rely heavily on empirical evidence; they tended to rely on anecdotes or descriptions of individual cases
• Forerunners often made observations and had insights that were later verified
• For example, Hippocrates was on the right track in assigning central importance to the brain
• However, Gall and the phrenologists were off the mark in assuming a link between physiognomy and personality

52) A positive correlation means that the more TV that children watch, the more aggressiveness is displayed.

53) Basic psychology is the study of psychological issues in order to gain knowledge for its own sake, whereas applied psychology is the study of psychological issues that have direct practical application.

54) Crime, drug abuse, and discrimination (for example) are not only social issues but also psychological ones. Psychological knowledge alone cannot solve the complex political, social, and ethical problems that plague every society, but it can help you make informed judgments about them. For example, if you know how social and cultural practices affect rates of drug use and abuse, then this knowledge may influence your views about the "war on drugs" in American Culture.