

Name: _____ Date: _____

1. As a general rule, which of the following is TRUE about parasomnias?
 - A) They arise during the REM stage 3 and 4 slow-wave sleep that occurs in the first half of the night.
 - B) They are more common in children and decrease with age.
 - C) They occur in family members, suggesting a genetic link.
 - D) All of these statements are true of parasomnias.

2. Matilda suffers from sleep-related eating disorder. She would be classified as suffering from a class of sleep disorder called:
 - A) a dyssomnia.
 - B) dissociation.
 - C) a parasomnia.
 - D) delirium tremens.

3. Sleep-related eating disorder:
 - A) is the same thing as somnambulism
 - B) is more likely to occur in women.
 - C) first came to the attention of sleep researchers after several people with the disorder appeared on Oprah's television talk show.
 - D) is much more common among people who are vegetarians.

4. Freud believed that dream images of sticks, swords, and other elongated objects were representations of _____, and that dream images of cupboards, boxes, and ovens symbolized _____.
 - A) the penis; the vagina
 - B) the vagina; the penis
 - C) common household objects; the birth process
 - D) apprehension; happiness

5. Rona has a sleep disorder that involves sleepwalking to the kitchen and compulsively eating, with no memory of the behavior in the morning. Rona has a:
 - A) parasomnia called sleep-related eating disorder.
 - B) parasomnia called REM sleep behavior disorder.
 - C) dyssomnia called obstructive sleep apnea.
 - D) dyssomnia called somnambulism.

6. Apprehension or fear is the most frequently reported dream emotion for both sexes.
 - A) True
 - B) False

7. REM sleep behavior disorder involves a failure of the brain mechanisms that normally suppress voluntary actions during REM sleep, and the person verbally and physically responds to the unfolding dream story, which is then remembered in vivid detail upon awakening.
 - A) True
 - B) False

8. It is dangerous to wake someone who is sleepwalking.
 - A) True
 - B) False

9. Unlike other sleep disorders, the symptoms of narcolepsy occur during the day.
 - A) True
 - B) False

10. Driving while drowsy is a serious problem in the United States. The highest number of traffic accidents that can be attributed to drowsiness consistently occur among young male drivers aged 25 or younger.
 - A) True
 - B) False

11. Biological processes that systematically vary over a 24-hour cycle are called _____ and are regulated by a cluster of neurons called the _____.
 - A) intrinsic rhythms; melatonin cluster
 - B) circadian rhythms; suprachiasmatic nucleus
 - C) circadian rhythms; pineal gland
 - D) brain waves; suprachiasmatic nucleus

12. Most people who are deprived of all environmental time cues tend to naturally follow a _____-hour sleep/wake cycle.
 - A) 12
 - B) 20
 - C) 25.2
 - D) 24.2

13. Which of the following lists the correct sequence of sleep stages during the first 90 minutes of sleep?
- A) stage 1 NREM, stage 2 NREM, stage 3 NREM, stage 4 NREM, REM sleep
 - B) REM sleep, stage 4 NREM, stage 3 NREM, stage 2 NREM, stage 1 NREM
 - C) stage 1 REM, stage 2 REM, stage 3 REM, stage 4 REM, NREM
 - D) wakefulness, drowsiness, dreaming, deep sleep, paradoxical sleep
14. Mandy is 8 months old, her mother Jennie is 40 years old, and her grandmother Matilda is 70 years old. During a typical 24-hour period, who experiences the highest proportion of REM to NREM sleep?
- A) Jennie
 - B) Matilda
 - C) Mandy
 - D) Mandy, Jennie, and Matilda all experience the same approximate proportion of REM to NREM sleep during a typical 24-hour period.
15. Sleep restriction studies have shown that:
- A) research participants adapted to the four-hour-per-night sleep schedule by the end of the first week and showed no cognitive or physical impairments over the course of the experiments.
 - B) there were some beneficial effects in terms of memory consolidation, reaction time, and immune system functioning.
 - C) immune system functioning, concentration, vigilance, reaction time, memory skills, and ability to gauge risk were all diminished.
 - D) there is no evidence to support the notion that REM and NREM sleep deprivation result in REM and NREM rebound effects.
16. According to _____, dreaming is the subjective awareness of the brain's internally generated signals during sleep.
- A) the neodissociation model
 - B) Freud's psychoanalytic theory
 - C) the activation-synthesis model
 - D) social-cognitive theory
17. Sleepwalking and sleep terrors are _____ that tend to occur in _____.
- A) parasomnias; stages 3 and 4 NREM sleep
 - B) parasomnias; REM sleep
 - C) dyssomnias; stages 1 and 2 NREM sleep
 - D) dyssomnias; REM sleep

18. According to the _____ theory of hypnosis, people who are hypnotized are not in any special state of consciousness but are simply highly motivated to respond to the social demands of the hypnotist and the situation.
- A) neodissociation
 - B) imaginative suggestibility
 - C) social-cognitive
 - D) activation-synthesis
19. Techniques for focusing attention, which are found in most cultures and many religions, are called:
- A) stimulus control techniques.
 - B) imaginative-suggestibility techniques.
 - C) hypnosis.
 - D) meditation.
20. Chris drinks coffee frequently. If she tries to get through the day without a cup of coffee, she feels tired and groggy. Chris's feelings of fatigue and drowsiness are most likely _____ that are caused by a phenomenon called the _____ effect.
- A) psychological symptoms; placebo
 - B) withdrawal symptoms; drug-rebound
 - C) addictive symptoms; stimulant-induced
 - D) withdrawal symptoms; dissociative
21. The physically addictive depressant drugs include:
- A) cocaine, caffeine, heroin.
 - B) heroin, opium, and "downers," or barbiturates.
 - C) alcohol, tranquilizers, and barbiturates.
 - D) heroin, morphine, and LSD.
22. Which of the following is a category of addictive drugs that mimic the properties of a natural brain substance called endorphins?
- A) depressants
 - B) stimulants
 - C) psychedelics
 - D) opiates

23. _____ promote(s) wakefulness, mental alertness, vigilance, and faster thought processes by stimulating the release of dopamine in the brain's prefrontal cortex and by blocking adenosine's sleep-inducing effects.
- A) Nicotine
 - B) Caffeine
 - C) Cocaine
 - D) Amphetamines
24. Whenever Lloyd uses his favorite drug he experiences intense euphoria, mental alertness, and increased self-confidence. These psychological responses occur because the drug he takes blocks the reuptake of dopamine, serotonin, and norepinephrine which potentiates the effects of these neurotransmitters. Lloyd's favorite drug is _____.
- A) caffeine
 - B) cocaine
 - C) heroin
 - D) marijuana
25. The Enhancing Well-Being with Psychology section provides a number of tips to help minimize sleep problems. Which of the following is NOT one of those recommendations?
- A) Use stimulus-control therapy.
 - B) Engage in regular daytime exercise.
 - C) Use depressant drugs, such as alcohol or barbiturates, that cause drowsiness.
 - D) Establish a consistent sleep-wake cycle.
26. According to Bandura, what four cognitive processes are necessary for imitation of behavior that has been only observed?
- A) attention, reinforcement, motivation, cognitive maps
 - B) attention, memory, ability to perform the behavior, motivation
 - C) reinforcement, discriminative stimuli, motivation, ability to perform the behavior
 - D) reinforcement, discriminative stimuli, cognitive maps, and consequences for the behavior
27. Athletes who believe they have no control over factors that lead to poor performance are less likely to believe they can succeed in the future and are less likely to persist in the face of failure. This illustrates the phenomenon of:
- A) the Premack principle.
 - B) the partial reinforcement effect.
 - C) learned helplessness.
 - D) biological preparedness.

28. Mindy is in nursing school and is learning how to measure a patient's blood pressure. Her instructor first shows the class a video that demonstrates the proper procedures for measuring blood pressure and then demonstrates these same procedures using Mindy as a "patient." Mindy and her class are learning how to measure blood pressure in patients through the use of:
- A) operant conditioning.
 - B) observational learning.
 - C) latent learning.
 - D) classical conditioning.
29. Negative reinforcement _____ the likelihood of a behavior being repeated, and punishment _____ the likelihood of a behavior being repeated.
- A) increases; increases
 - B) increases; decreases
 - C) decreases; increases
 - D) decreases; decreases
30. What happened after "Little Albert" was classically conditioned to fear a tame white rat?
- A) Stimulus generalization occurred; Albert responded with fear to other furry animals and fuzzy objects.
 - B) The sight of the hammer produced spontaneous recovery of the unconditioned response.
 - C) Stimulus discrimination occurred; Albert responded with fear to white rats but not to other furry animals or to fuzzy objects.
 - D) The conditioned fear response was quickly and easily extinguished.
31. Based on his studies of cats that tried to escape a puzzle box, Edward L. Thorndike became convinced that animals use reasoning abilities and problem-solving thought processes that are very similar to those of humans.
- A) True
 - B) False
32. John Watson and Rosalie Rayner made no effort to eliminate the fear they conditioned in the infant called Little Albert.
- A) True
 - B) False
33. B. F. Skinner strongly advocated the use of punishment to modify behavior.
- A) True
 - B) False

34. Pavlov classically conditioned a dog to salivate at the sound of a tone. He then repeatedly paired the tone with another stimulus, a bell. Later, when he rang the bell the dog salivated, even though the bell had never been paired with food. This example illustrates higher order conditioning (second-order conditioning).
- A) True
 - B) False
35. According to Albert Bandura, motivation to imitate a behavior is crucial to the actual performance of the learned behavior.
- A) True
 - B) False
36. In psychology, the formal definition of “learning” is:
- A) knowledge that can be measured by an intelligence or achievement test.
 - B) any knowledge or skill that has been acquired in a school or in a formal training program.
 - C) behavior that is the result of genetic programming.
 - D) a relatively enduring change in behavior or knowledge as a result of past experience.
37. Pavlov taught a dog to salivate at the sound of a musical tone by repeatedly pairing the tone with food. In this example, the musical tone is the _____ before conditioning and the _____ after conditioning.
- A) conditioned stimulus; neutral stimulus
 - B) unconditioned stimulus; conditioned stimulus
 - C) neutral stimulus; conditioned stimulus
 - D) unconditioned stimulus; conditioned response
38. Pavlov taught a dog to salivate at the sound of a musical tone by repeatedly pairing food with a musical tone. In this example, the food is the _____ and the dog salivating to the food is the _____.
- A) unconditioned stimulus; conditioned response
 - B) unconditioned stimulus; unconditioned response
 - C) conditioned response; unconditioned response
 - D) conditioned stimulus; conditioned response

39. After two weeks of being screamed at by his drill sergeant at boot camp and shuddering with fear in response, a Marine recruit named Joe now shudders every time he hears the footsteps of his drill sergeant coming down the hall. When the drill sergeant enters the room, Joe snaps to attention and salutes. In this example, shuddering to the sound of the footsteps is _____ and saluting is _____.
- A) an operant response in the presence of a discriminative stimulus; a conditioned response
 - B) an unconditioned response; an example of latent learning
 - C) a conditioned response; an operant response in the presence of a discriminative stimulus
 - D) an unconditioned response; an example of learned helplessness
40. When Anna was 3 years old, her aunt's pet parakeet landed on her head and pecked at her scalp, hurting her. Following this incident, Anna was afraid of the parakeet. But over time, Anna has become afraid of anything that flies, including butterflies, large flying insects, and wild birds. This example illustrates the phenomenon of _____ in _____ conditioning.
- A) instinctive drift; operant
 - B) stimulus discrimination; classical
 - C) biological preparedness; operant
 - D) stimulus generalization; classical
41. A television commercial for a new camera features a handsome man taking photographs of beautiful women in bikinis on a California beach. This commercial uses _____ conditioning techniques, following an approach to advertising that was pioneered by _____.
- A) operant; B. F. Skinner
 - B) classical; John B. Watson
 - C) operant; Edward L. Thorndike
 - D) classical; Ivan Pavlov
42. According to psychologist _____ and the _____ perspective, classical conditioning involves learning the relationship between events rather than simply associating two events.
- A) Edward C. Tolman; cognitive
 - B) Martin Seligman; cognitive
 - C) Robert Rescorla; cognitive
 - D) John Garcia; evolutionary

43. In a series of conditioning experiments, a psychologist discovered that a rat readily made an association between the taste of flavored water and illness, but did not make an association between the taste of flavored water and a painful shock. The phenomenon called _____ best explains this example.
- A) latent learning
 - B) stimulus discrimination
 - C) biological preparedness
 - D) instinctive drift
44. According to the _____ model developed by _____, behavior is shaped and maintained by its environmental consequences.
- A) classical conditioning; John B. Watson
 - B) cognitive; Edward Tolman
 - C) evolutionary; John Garcia.
 - D) operant conditioning; B. F. Skinner
45. The manager of a large shopping mall was upset about the groups of rowdy teenagers who were hanging out by the mall entrance and scaring off his adult customers. He discovered that if he played classical music over the loudspeakers by the door, the teenagers no longer gathered at the entrance. The mall manager's use of classical music to modify the teenagers' behavior is an example of:
- A) the operant conditioning extinction procedure.
 - B) punishment by application.
 - C) punishment by removal.
 - D) negative reinforcement.
46. A pigeon in operant chamber #1 regularly receives a pellet of food after every ten pecks at a red disk, no matter how long it takes. A rat in operant chamber #2 regularly receives a pellet of food for the first bar press it makes after ten minutes have passed, no matter how many bar presses it makes. The pigeon is on a _____ schedule of reinforcement, and the rat is on a _____ schedule of reinforcement.
- A) fixed-ratio; fixed-interval
 - B) fixed-interval; fixed-ratio
 - C) fixed-ratio; variable-interval
 - D) fixed-ratio; variable-ratio

47. A rat has been trained in an operant conditioning chamber to press a lever to get a food pellet. Following the acquisition trials the researcher then withheld reinforcement for lever pressing and eventually the rat stopped responding. This example illustrates:
- A) the effect of negative reinforcement.
 - B) the effect of punishment by application.
 - C) learned helplessness.
 - D) extinction.
48. A group of rats was run through a maze for twelve days. On days 1 through 10, there was no food reward at the end of the maze, and the rats made many errors as they slowly moved through the maze. On day 11, a food reward was placed at the end of the maze. After the food reward was introduced, the rats ran the maze very quickly and with few errors. According to psychologist _____, this experiment demonstrated a phenomenon called _____.
- A) B. F. Skinner; stimulus discrimination
 - B) Edward L. Thorndike; the Law of Effect
 - C) Albert Bandura; observational learning
 - D) Edward C. Tolman; latent learning
49. According to Albert Bandura, the four factors that are necessary for observational learning to occur are:
- A) attention, memory, motor skills, and motivation.
 - B) attention, conditioning, cognition, and reinforcement.
 - C) reinforcement, operant, stimulus discrimination, and imitation.
 - D) stimulus, response, conditioning, and consequence.
50. Which of the following suggestions would probably help you overcome the temptation to choose a short-term reinforcer over a long-term reinforcer?
- A) Reward yourself with the short-term reinforcer before you perform the behaviors that will lead to reinforcement in the long term.
 - B) Focus your attention on the delayed, long-term reinforcer.
 - C) Strengthen your resolve by surrounding yourself with stimuli that remind you of the short-term reinforcer.
 - D) Avoid making an advance commitment to the long-term goal and adopt a flexible approach to maximizing available reinforcement.
51. It was the pioneering research of George Sperling that identified the basic features of sensory memory.
- A) True
 - B) False

52. British psychologist and memory researcher Alan Baddeley developed the best-known model of working memory, which has three components, the phonological loop, the visuospatial sketchpad, and the central executive.
- A) True
 - B) False
53. Psychologist George Sperling is one of the most widely recognized authorities on eyewitness memory and the different ways it can go awry.
- A) True
 - B) False
54. Chunking is one way of increasing the storage capacity of short-term memory.
- A) True
 - B) False
55. Richard Thompson proposed that memories of simple behaviors were stored in specific locations in the cerebellum.
- A) True
 - B) False
56. According to the Enhancing Well-Being with Psychology section on improving your memory:
- A) it is important to avoid distracting stimuli that may compete for your attention while studying.
 - B) using television as a background stimulus can serve as a stimulus cue for remembering studied material.
 - C) it is important to avoid using mnemonic devices because they require too much mental effort to master effectively.
 - D) massed practice works better than distributed practice for certain subjects that are studied.
57. Explicit memory:
- A) is also known as nondeclarative memory.
 - B) is a category of long-term memory that includes memories of different skills, operations, and actions.
 - C) can be defined as memory with awareness.
 - D) can be defined as memory without awareness.

58. Which of the following is NOT one of the fundamental processes involved in memory?
- A) encoding
 - B) feedback
 - C) storage
 - D) retrieval
59. Participants in Sperling's experiment stared at a screen on which three rows of letters were flashed for just one-twentieth of a second. If Sperling sounded a high-pitched, medium-pitched, or low-pitched tone within _____, the person could recall the letters in the corresponding row.
- A) one minute
 - B) thirty seconds
 - C) three seconds
 - D) one-third of a second
60. The "misinformation effect" refers to:
- A) a memory disruption that occurs when the true source of the memory is forgotten.
 - B) a phenomenon in which existing memories are distorted by exposing people to misleading information.
 - C) a memory distortion caused by the context effect.
 - D) a memory phenomenon in which vividly imagining an event markedly increases confidence that the event actually happened.
61. Of the different types of memory, _____ memory has the shortest duration.
- A) working
 - B) sensory
 - C) short-term
 - D) long-term
62. A classic experiment by psychologist George Sperling demonstrated that:
- A) the capacity of short-term memory is virtually limitless.
 - B) the schemas that people hold in a particular situation can erroneously influence the details they later remember about the situation.
 - C) distributed practice is superior to massed practice.
 - D) information is held in visual sensory memory for about half a second.
63. According to George Miller, capacity of short-term memory:
- A) is about four items of information, plus or minus one.
 - B) can be increased by clustering.
 - C) can be increased by maintenance rehearsal of the information.
 - D) is about seven items of information, plus or minus two.

64. During a test of his short-term memory, Tommy was given lists of items to remember. He found the task much easier if he grouped the items according to whether they were animals, plants, minerals, and so on. Tommy is using a memory aid called:
- A) clustering.
 - B) the self-referencing technique.
 - C) chunking.
 - D) massed practice.
65. In Baddeley's model of working memory, one component called the _____ is specialized for verbal material, such as lists of numbers or words.
- A) visuospatial sketchpad
 - B) semantic network
 - C) phonological loop
 - D) central executive
66. You can keep information in short-term memory beyond the usual 20-second duration by:
- A) engaging in maintenance rehearsal.
 - B) using clustering.
 - C) engaging in chunking.
 - D) using imagination inflation.
67. When seven-year-old Grace had to recite the Girl Scout Pledge in front of the other members of her Brownie troop, she had trouble remembering some of the lines in the middle of the pledge. This illustrates:
- A) the serial position effect.
 - B) state-dependent retrieval.
 - C) source confusion.
 - D) mood congruence
68. When you are in a positive mood, you are more likely to recall positive memories. This phenomenon is referred to as _____ and it is one form that _____ can take.
- A) source amnesia; source monitoring
 - B) mood congruence; the encoding specificity principle
 - C) inattention blindness; encoding failure
 - D) mood congruence; long-term potentiation

69. The famous Ebbinghaus forgetting curve:
- A) showed that long-term potentiation failure is the primary cause of forgetting.
 - B) demonstrates that much of what we forget is lost relatively soon after we originally learn the information.
 - C) demonstrated that encoding failure is the primary reason we forget most information.
 - D) showed that the “magical number” of items that can be held in short-term memory is four, plus or minus one, and not seven plus or minus two, as had been believed.
70. Professor Sheehan spent most of the class session lecturing on different aspects of memory, and ended by reminding her students of the test at the next class session. After her students had shuffled out of the classroom, Professor Sheehan noticed a student's cellphone on a desk toward the back of the classroom. The student forgetting his cellphone is an everyday example of _____ that is most probably due to _____.
- A) inattention blindness; source amnesia
 - B) source amnesia; retrieval cue failure
 - C) prospective memory; retrieval cue failure
 - D) absentmindedness; encoding failure
71. In the study in which participants sat briefly in a psychology professor's office:
- A) most participants were unable to remember significant details of the office when tested later.
 - B) most participants were able to accurately remember significant details of the objects that were present in the office when tested later.
 - C) memory for details of the office was easily distorted by the later use of misinformation during the recall test.
 - D) many participants erroneously remembered items that were not actually present in the room but were consistent with the schema of a professor's office.
72. The basic premise of repressed memory therapy or recovered memory therapy is that:
- A) adult psychological problems are often due to sexual abuse in childhood, and memories of the childhood abuse have been repressed.
 - B) memories can be changed through hypnosis and suggestion.
 - C) people can be trained or taught to actively suppress traumatic memories, which will result in improved psychological functioning.
 - D) adult psychological problems are usually due to clear and vivid memories of childhood sexual abuse that are difficult to actively suppress.

73. Why did Karl Lashley fail to uncover the area of the rats' brain in which the memory trace of the maze was stored or located?
- A) Memory could not be studied with the relatively crude and simplistic methods that Lashley used in the early 1900s.
 - B) A rat's memory for maze running is a classically conditioned response and is not localized in one area of the brain, such as the cortex or cerebellum.
 - C) Lashley was looking in the cerebral cortex for the memory trace, when he should have been looking in the cerebellum.
 - D) A rat's memory for maze running is not a single memory but a complex set of interrelated memories involving information from multiple senses and is distributed throughout the brain and not localized in the cortex.
74. The famous case of the man known as H.M. illustrates the important role played by _____ in the formation of new memories.
- A) the amygdala
 - B) beta-amyloid plaques and neurofibrillary tangles
 - C) the hippocampus
 - D) cerebellum
75. The Enhancing Well-Being with Psychology section provides several techniques and suggestions to enhance your memory of information. Which of the following is one of those suggestions?
- A) Use maintenance rehearsal to help encode information for meaning.
 - B) Minimize interference by using massed practice.
 - C) Counteract the serial position effect by spending more time learning material at the beginning and end of a sequence.
 - D) Take the distributed practice approach to learning new information.