1. The Focus on Neuroscience box, “Seeing Faces and Places in the Mind's Eye,” reported on an fMRI study of mental imagery. In the study, the researchers compared brain scans of volunteers who were:
   A) listening to music versus looking at paintings.
   B) looking at an actual scene versus imagining the same scene.
   C) imagining a sound versus imagining a smell.
   D) watching a scary video versus imagining something scary happening to them.

2. In a classic study, participants who were told to use the generic “he” pronoun to finish sentences such as “If a writer expects to get a book published, he should …” and who were then asked to describe their mental image of the sentence's subject were:
   A) more likely to visualize a male than a female.
   B) more likely to visualize a mixed group of men and women than a single person.
   C) just as likely to visualize a female as a male.
   D) unable to complete the task, because they lacked enough information to form a detailed mental image.

3. People who are depressed usually do not accept the possibility that good things can happen to them or that they have control over good things happening to them. When good things do happen to depressed people, they dismiss, discount, or ignore them. This is an example of:
   A) the overestimation effect.
   B) the belief-bias effect.
   C) the fallacy of positive instances.
   D) confirmation bias.

4. With whom do you associate the “triarchic theory of intelligence”?
   A) Louis Thurman
   B) Howard Gardner
   C) Charles Spearman
   D) Robert Sternberg

5. Which statement best characterizes the process of insight?
   A) Insight rarely occurs through the conscious manipulation of concepts or information.
   B) Insight involves a systematic search of thoughts and ideas that will lead to a solution.
   C) Insight often involves using the working backward approach for problem solving.
   D) Insight typically involves the subgoal analysis approach to problem solving.
6. Validity means that a test consistently produces similar scores on different occasions.
   A) True
   B) False

7. The most widely accepted definition of *intelligence* is “the global capacity to think rationally, act purposefully, and deal effectively with the environment.”
   A) True
   B) False

8. The original WAIS was designed to measure the mental abilities of children, while the Stanford-Binet was originally developed to measure the mental abilities of adults.
   A) True
   B) False

9. In Sternberg’s triarchic theory of intelligence, analytic intelligence refers to the mental processes used in learning how to solve problems.
   A) True
   B) False

10. As discussed in the chapter Prologue, Tom has been diagnosed with Asperger's syndrome. According to the In Focus box on neurodiversity, Tom is likely to show normal, even advanced language development, to have narrow interests and inflexible behavior, and by definition, have an IQ in the normal-to-above-average level.
    A) True
    B) False

11. _____ is formally defined as the mental activities involved in acquiring, retaining, and using knowledge, including memory and perception.
    A) Thinking
    B) Motivation
    C) Cognition
    D) Problem solving

12. Rick asks you how many stop signs you encounter on your drive home. To answer his question, you probably rely on a:
    A) mental image.
    B) linguistic concept.
    C) map of your city.
    D) natural concept.
13. Erika is asked to generate a list of five different animals that can be kept as pets. She quickly responds, “dogs, cats, goldfish, gerbils, and canaries.” Dogs would thus represent Erika's _____ for the _____ concept of “pets.”
   A) defining features or attributes; natural
   B) prototype; natural
   C) exemplar; formal
   D) prototype; formal

14. For his independent project in Cooking 101, Henry decides to develop a new dip for raw vegetables, using sour cream and herbs. He tries one combination of ingredients after another, adjusting the seasoning as he goes along. What problem-solving strategy is Henry using?
   A) the working backward heuristic
   B) the additive model
   C) the single-feature algorithm
   D) the trial-and-error strategy

15. Emily is planning a trip to northern Canada in January. She decides to buy the warmest coat she can find, no matter what its cost or appearance. Emily is relying upon the _____ to decide which coat to buy.
   A) additive model
   B) single-feature model
   C) elimination by aspects model
   D) insight and intuition

16. When people need to make a decision involving a high degree of uncertainty, what techniques do they often use to estimate the probability of an event occurring?
   A) the trial-and-error strategy and the additive model
   B) the elimination by aspects model and the single-feature model
   C) the availability heuristic and the representativeness heuristic
   D) insight, intuition, mental sets, and pure guesswork
17. ESP believers and ESP disbelievers participated in a study in which they watched two attempts to demonstrate telepathic communication. Although the participants didn't know it, one attempt was rigged to appear successful, and the other attempt was rigged to fail. Following the demonstration:
   A) all of the participants incorrectly remembered both attempts as being unsuccessful.
   B) the ESP disbelievers thought that ESP did not occur in either the successful or the unsuccessful demonstration.
   C) only the ESP believers said that ESP had taken place in the unsuccessful attempt, thus demonstrating the belief-bias effect.
   D) only the ESP disbelievers said that ESP had taken place in the unsuccessful attempt, thus demonstrating the fallacy of positive instances.

18. The term _____ refers to the rules for combining words in a particular language.
   A) generative
   B) displacement
   C) syntax
   D) exemplar

19. The linguistic relativity hypothesis:
   A) contends that American Sign Language (ASL) lacks the formal requirements for language and is relatively impoverished linguistically.
   B) is the notion that thoughts and perceptions are influenced by the particular language that is used.
   C) proposes that the formal characteristics of a language are relative and not absolute.
   D) Suggests that the way people think and perceive the world in different linguistic groups influences the formal language that they develop and use.

20. Who translated and revised Binet's intelligence test for use in the United States?
   A) David Wechsler
   B) Charles Spearman
   C) Louis Thurstone
   D) Lewis Terman

21. When a psychological test is administered to the same group of people on different occasions and it produces very similar scores for each of the participants, it is said to be:
   A) reliable.
   B) standardized.
   C) a “culture-free” test.
   D) valid.
22. According to psychologist _____, there are multiple, independent forms of intelligence, such as linguistic intelligence, spatial intelligence, or interpersonal intelligence.
   A) Charles Spearman
   B) David Wechsler
   C) Howard Gardner
   D) Lewis Terman

23. Cross-cultural research on group differences in IQ scores has shown that:
   A) the stereotype threat is not a cross-cultural phenomenon.
   B) standard IQ tests can be translated and used in any cultural setting.
   C) minority groups who are discriminated against tend to have lower average IQ scores than the dominant group, whatever their racial or ethnic identity.
   D) test-taking behavior does not vary from one culture or society to another.

24. Cindi and Beth are participants in a research study that involves taking a difficult math test. Cindi is told that scores on the math test usually reflect gender differences, while Beth is told that scores on the math test usually do not reflect gender differences. Cindi and Beth's math scores will be compared to the scores of male students taking the same test. Based on Claude Steele's research, what would you predict about Cindi and Beth's scores on the math test?
   A) Because of stereotype threat, Cindi will score lower than the male students, but Beth's score will score about the same as the male students.
   B) Because of the stereotype lift, Beth will score lower than the male students, but Cindi will score about the same as the male students.
   C) Because of the stereotype lift, Beth and Cindi's scores will be about the same as the male students.
   D) Because of stereotype threat, Cindi will score higher than the male students, but Beth's score will be lower than male students.

25. According to the Enhancing Well-Being with Psychology section, “A Workshop on Creativity,” creativity can be enhanced if you:
   A) ignore everyday hassles and focus on the “big picture.”
   B) try to avoid learning too much about the area in which you wish to be creative, so as to guarantee a fresh approach.
   C) focus all your efforts on refining a single promising approach, rather than being distracted by too many possibilities.
   D) are flexible and persist in the face of obstacles and setbacks.
26. According to cross-cultural research conducted by evolutionary psychologist David Buss, the most important factor for women when choosing a mate was money and resources, and for men it was physical attractiveness and youth.
   A) True
   B) False

27. Over 17 percent of U.S. children and adolescents are overweight.
   A) True
   B) False

28. Albert Bandura defined self-efficacy as the degree to which a person is subjectively convinced of his or her ability to effectively meet the demands of a situation.
   A) True
   B) False

29. In cross-cultural surveys, men and women in many different cultures ranked “mutual attraction and love” as the most important factor in choosing a mate.
   A) True
   B) False

30. When human males experience lowered levels of testosterone, whether through illness or castration, there is usually a significant drop in sexual interest.
   A) True
   B) False

31. Increased brain levels of leptin and insulin:
   A) are associated with sensory-specific satiety.
   B) promote reduced food intake and decreased fat stores.
   C) occur in response to negative energy balance.
   D) stimulate the pancreas to secrete NPY.
32. Just before leaving college for their holiday break, student volunteers in a research study were instructed to write an essay describing how they spent Christmas Eve and to mail the essay within the next 48 hours. Half of the students were told to form an implementation intention describing exactly where and how they would write the essay before they left school for their Christmas break; the other half were not told to form an implementation intention. What were the results of the study?
   A) About half of the students in each group wrote and mailed the essay before the deadline.
   B) About 10 percent of the students in each group wrote and mailed the essay before the deadline.
   C) About 30 percent of the students in the implementation intention group wrote and mailed the essay before the deadline, while about 70% of the students in the other group did so.
   D) About 70 percent of the students in the implementation intention group wrote and mailed the essay before the deadline, while only about 30% of the students in the other group did so.

33. Who was the first scientist to classify emotional expressions and displays in nonhuman animals?
   A) Paul Ekman
   B) Walter Cannon
   C) William James
   D) Charles Darwin

34. As part of your biological psychology class, you conduct an experiment in which a rat's brain is continuously infused with a hormone called ghrelin. Based on what you've learned about ghrelin in your psychology text, you predict that the rat will:
   A) display negative energy balance and lose weight gradually.
   B) develop a huge appetite and gain weight.
   C) lose its appetite and stop eating altogether.
   D) display a significant decrease in its body mass index (BMI).
35. The Critical Thinking box, “Are Women *Really* More Emotional Than Men?” discusses research on gender differences in the experience and expression of emotion. In general, the research indicates that:

A) men and women do not differ in terms of emotional expressiveness or responsiveness.

B) compared to men, women tend to express more powerful emotions, such as anger, hostility, and contempt, because the female role encourages this responsiveness.

C) men and women are fairly similar in the experience of emotion, but they differ in the expression of emotions.

D) men are much more accurate than women in deciphering the emotional meaning of nonverbal cues, especially facial expression.

36. According to _____ theories of motivation, behavior is motivated by the desire to reduce internal tension caused by unmet biological needs.

A) incentive

B) drive

C) humanistic

D) instinct

37. Which of the following increases the sensitivity of the stomach's stretch receptors and promotes satiation?

A) the hormone insulin

B) the hormone ghrelin

C) the neurotransmitter dopamine

D) the hormone cholecystokinin (CCK)

38. The hormone leptin:

A) is associated with increased food intake when brain levels of the chemical increase.

B) creates a positive energy balance when blood levels of the chemical decrease which, in turn, triggers eating behavior.

C) is secreted by adipose tissue that signals the hypothalamus, regulating hunger and eating behavior.

D) is also called the “hunger hormone” because its presence in the cells lining the stomach strongly stimulates appetite.
39. Which of the following statements is FALSE?
   A) On the average, women have a basal metabolic rate that is about 3 to 5 percent lower than men's basal metabolic rate.
   B) Getting only about 5 hours of sleep a night is an effective strategy for reducing appetite and losing weight.
   C) When people who are obese restrict their caloric intake, their basal metabolic rate decreases.
   D) An adult would be considered seriously underweight if he or she had a BMI of 17.

40. Psychologist David Buss conducted a large-scale survey of more than 10,000 people in 37 different cultures on the general topic of mate preferences. What did Buss find?
   A) Women in collectivistic cultures considered “financial security” to be an important consideration in choosing a mate, but women in individualistic cultures did not.
   B) In choosing a mate, the quality of “mutual attraction and love” is less important than physical attractiveness or financial security.
   C) Qualities preferred in a mate varied dramatically from one culture to another.
   D) Across all cultures, men were more likely than women to value youth and physical attractiveness in a potential mate.

41. In comparing the incidence of homosexuality—either male or female—among pairs of identical twins, fraternal twins, and adoptive siblings, the research seems to indicate that:
   A) genetic factors play a role in determining sexual orientation.
   B) genetic factors play either a very small or nonexistent role in sexual orientation.
   C) having a very dominant mother or a very permissive father seems to contribute to the development of a homosexual orientation.
   D) the fewer older brothers a male has, the less likely it is that he will be homosexual.

42. In both men and women, sexual activity and motivation is biologically influenced by:
   A) increased activity in four brain areas associated with emotion: the anterior cingulate cortex, caudate nucleus, putamen, and insula.
   B) bodily levels of estrogen.
   C) decreased activity in four brain areas associated with emotion: the anterior cingulate cortex, caudate nucleus, putamen, and insula.
   D) bodily levels of testosterone.
43. According to Maslow's theory of motivation:
   A) optimal human functioning can occur only if the psychological needs of autonomy, competence, and relatedness are satisfied.
   B) only a few exceptional individuals ever achieve self-actualization.
   C) all people are motivated by an inborn tendency to strive for self-actualization.
   D) a small percentage of self-actualized people experience peak experiences, or moments of intense ecstasy, wonder, and awe.

44. The Thematic Apperception Test:
   A) was developed by Abraham Maslow and measures the degree to which a person has achieved a sense of self-actualization.
   B) has a specific scoring system designed to measure competence motivation.
   C) was developed by Deci and Ryan to measure self-determination motivation.
   D) is used to measure achievement motivation, or the need for achievement (nAch).

45. In collectivistic cultures, achievement motivation tends to reflect:
   A) individual goals.
   B) an urge to control or influence the behavior of other people or groups.
   C) increasing the success or status of one's family or group.
   D) the quest for personal self-efficacy.

46. When Darlene, a cashier, looked up and saw the frightening face of the bankrobber with a gun in front of her she was terrified. What was the sequence of activation of structures in her brain when she saw the threatening stimulus?
   A) the hypothalamus, the medulla, and then the cortex
   B) the hypothalamus, the thalamus, and then the amygdala
   C) the thalamus and then the amygdala
   D) the thalamus, the cortex, and then the amygdala

47. Rats with a damaged amygdala:
   A) cannot acquire a classically conditioned fear response.
   B) overproduce leptin and become extremely lean, despite eating several times their normal amount of calories daily.
   C) are more easily classically conditioned to fear-inducing stimuli than rats with intact brains.
   D) display the characteristics of starving animals, have voracious appetites, and have five times the amount of body fat as normal rats.
48. Milton claims that his dog Moxie is a real clown and that his antics and fooling around are always aimed at getting a laugh. He says Moxie has a great sense of humor. Milton appears to be attributing human traits and emotions to his dog, a phenomenon called:
   A) interpersonal engagement.
   B) anthropomorphism.
   C) self-efficacy.
   D) emotional intelligence.

49. According to the _____ theory of emotion, your subjective emotional experience is the direct result of physical changes in your body.
   A) James–Lange
   B) cognitive-appraisal
   C) self-determination
   D) Schachter-Singer two-factor

50. As a junior in college, Nicholas has made good grades in all of his classes. Despite this, he has kept putting off enrolling in English Composition I and II because he is convinced that he lacks the writing skills necessary to succeed in those classes. According to Enhancing Well-Being with Psychology box, “Turning Your Goals into Reality,” Nicholas's beliefs about his writing skills reflect a:
   A) low level of self-actualization.
   B) low degree of self-efficacy.
   C) high level of activation, but a low degree of persistence.
   D) normal degree of self-efficacy.

51. Young Tommy can roll over and grasp his rattle, but is not yet able to sit up without support. In terms of physical development, if he is like most normal infants he is approximately:
   A) 11.5 months old.
   B) 14 months old.
   C) 6 months old.
   D) 4 months old.

52. Overall, researchers have found that the _____ style of parenting is associated with children who are well-adjusted, competent, receive higher grades, and are less likely than their peers to get into trouble.
   A) authoritarian
   B) permissive-indulgent
   C) permissive-indifferent
   D) authoritative
53. A male has an _____ combination in the _____.
   A) XX; 1st pair of genes
   B) XX; 23rd pair of chromosomes
   C) XY; 1st pair of chromosomes
   D) XY; 23rd pair of chromosomes

54. Janeen enters the playroom of the psychology lab with her 1-year-old daughter Peggy. Initially, Peggy clings to her mother, but then becomes interested in the attractive toys in the playroom. She picks up a toy and brings it back to her mother, then drops it and approaches the toy box again. Peggy cries when Janeen leaves the room, but quickly calms down again when her mother returns. Peggy would most likely be classified as:
   A) securely attached.
   B) difficult and slow-to-warm-up.
   C) insecurely attached.
   D) preoperational.

55. According to the terminology discussed in the chapter, a person's psychological sense of being either male or female is called:
   A) gender role.
   B) sex.
   C) gender.
   D) gender identity.

56. Rather than distinct stages of cognitive development, some developmental psychologists argue that the information-processing model is a better way of describing cognitive development over the lifespan.
   A) True
   B) False

57. Mary D. Salter Ainsworth devised a procedure called the Strange Situation to measure attachment.
   A) True
   B) False

58. Gender schema theory is to reinforcement, punishment, and modeling, as social learning theory is to cognitive categories.
   A) True
   B) False
59. Young Angelo can roll over and grasp his rattle, but is not yet able to sit up without support. In terms of physical development, he is approximately 15 months old.
   A) True
   B) False

60. Moral reasoning at the postconventional level of Kohlberg's theory is characterized by the idea that “right” is being a “good” person and that conforming to social expectations and following rules set by others will win their approval.
   A) True
   B) False

61. Which of the following statements is TRUE?
   A) Females have an XY combination in the 23rd pair of chromosomes.
   B) Each gene in every gene pair contains 23 chromosomes.
   C) Each chromosome contains 23 genes.
   D) Males have an XY combination in the 23rd pair of chromosomes.

62. Dr. Morelli investigates how gene activity is regulated within a cell, including what signals switch genes “on” or “off.” In general, she is interested in the mechanisms that control gene expression and its effect on behavior and health. Her area of research is called:
   A) genetic mutation research.
   B) epigenetics.
   C) stem cell research.
   D) the human genome project.

63. In general, the greatest vulnerability to teratogens occurs during:
   A) the last part of the fetal period of prenatal development.
   B) the embryonic period of prenatal development.
   C) the zygotic period of prenatal development.
   D) the germinal period of prenatal development.

64. Researchers Alexander Thomas and Stella Chess:
   A) studied the effect of day care on attachment and development.
   B) studied the detrimental psychological effects of allowing an infant to sleep in the same room or bed with the parents.
   C) found that most infants can be classified as having one of three basic temperament patterns.
   D) examined the emotional experience of dying and proposed the idea that there are five stages that people progress through as they face death.
65. Tanisha is a normal infant who learned to walk at age 11 months. She has just celebrated her first birthday. Although she hasn't started talking yet, it's very likely that Tanisha will shortly enter the ______ stage of language development.
   A) three-word
   B) babbling
   C) one-word
   D) two-word

66. According to _____, every baby comes into the world with an innate ability to understand the basic principles of language organization.
   A) Noam Chomsky
   B) Jean Piaget
   C) Erik Erikson
   D) Lev Vygotsky

67. Most developmental psychologists today agree that:
   A) no consistent patterns of temperamental qualities can be identified because all infants are unique.
   B) the quality of day care is the critical factor that determines whether day care produces beneficial or detrimental effects.
   C) it is impossible to accurately determine whether a toddler is securely or insecurely attached.
   D) infants are unable to form multiple attachments.

68. Amrita believes that gender roles develop because young children observe others modeling particular gender-appropriate behaviors. She also thinks that children are rewarded when they behave accordingly and are punished when they don't. Amrita's views are most consistent with the ______ of gender-role development.
   A) social learning theory
   B) psychosocial theory
   C) gender-schema theory
   D) epigenetic theory

69. On the table were two pieces of string that were identical in length. As Markus watched, one string was rearranged in a circular pattern. Markus then confidently said that the straight piece of string was longer. Markus is:
   A) displaying cognitive abilities that are typical of the concrete operational level.
   B) in the zone of proximal development.
   C) displaying cognitive abilities that are typical of the preoperational level.
   D) in the formal operational stage of development.
70. Which of the following is NOT a valid criticism of Piaget's theory of cognitive development?
   A) Stages of cognitive development are less universal than Piaget believed.
   B) Piaget underestimated the cognitive abilities of infants.
   C) Piaget underestimated the impact of cultural influences on cognitive development.
   D) Researchers have been unable to replicate most of Piaget's observations or findings.

71. According to Erik Erikson's theory, the key psychosocial task facing adolescents is:
   A) identity versus role confusion.
   B) industry versus inferiority.
   C) generativity versus stagnation.
   D) ego integrity versus despair.

72. Universal moral principles are to the ______ level as law and order are to the ______ level in Kohlberg's theory of moral development.
   A) postconventional; conventional
   B) conventional; postconventional
   C) conventional; preconventional
   D) preconventional; conventional

73. Which of the following statements is FALSE?
   A) Compared to thirty years ago, the number of married couples with children has sharply declined.
   B) Marital satisfaction tends to decline following the birth of the first child.
   C) In the last few decades, the average age at which people first marry has steadily increased.
   D) Women who have multiple, satisfying, and positive roles, but are nonetheless juggling career, marriage, and family responsibilities, are almost certain to experience the very highest levels of stress.

74. Which of the following statements accurately describes cognitive functioning in healthy adults who are 60 to 70 years old?
   A) There is a significant decline in memory abilities but not in other cognitive abilities.
   B) There is a sharp decline in several cognitive abilities, including logical reasoning, vocabulary, and memory.
   C) Spatial skills increase, while verbal skills decline.
   D) There is little or no decline in cognitive ability, especially in adults who are physically and mentally active.
75. According to Erik Erikson:
   A) the psychological task of old age is to achieve a sense of ego integrity.
   B) the dying person progresses through a series of five distinct stages.
   C) most older adults gradually disengage from social, occupational, and relationship roles.
   D) the psychosocial conflict of late adulthood is initiative versus guilt.

76. The _____ style of parenting is associated with a wide variety of long-term psychological and behavioral benefits in the development of children.
   A) permissive-indifferent
   B) authoritarian
   C) authoritative
   D) permissive-indulgent