

1. **Which type of psychologist is most likely to believe that the conscious mind is a natural process occurring in the nerve cells of the brain that can be studied through objective scientific inquiry?**
  - a. humanistic psychologists
  - b. behavioral geneticists
  - c. cognitive neuroscientists
  - d. experiential psychologists
  - e. clinical psychologists
  
2. **Circadian rhythms are NOT disrupted by**
  - a. shifting work schedules.
  - b. sleep and wake routines.
  - c. eating regular meals.
  - d. flying from west to east.
  - e. changes in the light-dark cycle.
  
3. **\_\_\_\_\_ drugs inhibit the central nervous system and thus slow mental and physical activity.**
  - a. Depressant
  - b. Stimulant
  - c. Opiate
  - d. Hallucinogenic
  - e. Amphetamine-like
  
4. **Up until the 1960s, the \_\_\_\_\_ view was the dominant popular approach to psychology.**
  - a. psychodynamic
  - b. behavioristic
  - c. humanistic
  - d. sociocultural
  - e. deterministic
  
5. **Which of the following is true of insomnia? It**
  - a. involves frequent daytime sleeping.
  - b. affects about one in ten adults.
  - c. rarely affects American adults.
  - d. occurs when breathing stops while sleeping.
  - e. is the most common sleep disorder.
  
6. **A child who spins around until feeling dizzy is attempting to**
  - a. alter consciousness.
  - b. daydream.
  - c. perform dichotic movement.
  - d. create emergent interaction.
  - e. experience cataplexy.

7. **The body's monitoring of biological functioning is an example of a(n)**
  - a. preconscious process.
  - b. subconscious awareness.
  - c. conscious awareness.
  - d. nonconscious process.
  - e. semiconscious process.
  
8. **Your telephone number resides in this part of the mind.**
  - a. postconscious
  - b. conscious
  - c. unconscious
  - d. collective unconscious
  - e. preconscious
  
9. **\_\_\_\_\_ involves controlled breathing while assuming certain body positions and minimizing external stimuli.**
  - a. Hypnosis
  - b. Meditation
  - c. Consciousness
  - d. Dichotic listening
  - e. Cataplexy
  
10. **The psychoactive effect of THC may reflect the capacity of THC to cause the release of**
  - a. serotonin.
  - b. endorphins.
  - c. benzodiazepines.
  - d. dopamine.
  - e. GABA.
  
11. **The most severe cases of "jet lag" occur when we travel**
  - a. west.
  - b. north.
  - c. east.
  - d. south.
  - e. short distances.
  
12. **A person is highly likely to experience withdrawal symptoms after stopping the chronic abuse of**
  - a. alcohol.
  - b. caffeine.
  - c. heroin.
  - d. nicotine.
  - e. All of the above are correct.

13. **Dr. Gruber asked Pamela to say the words "folk," "soak," and "joke." Then, he asked her, "What do you call the white of an egg?" If her reply was "the yolk," rather than the right answer (the albumen, or egg white), this answer would be evidence for**
- selective attention.
  - hypnotizability.
  - priming.
  - functionalism.
  - cataplexy.
14. **According to Freud, the two main functions of dreams are to**
- release electrical discharges and aid in the growth of the brain.
  - conserve energy and restore neuron function.
  - help people rest and relax.
  - reduce psychic tensions and work through unconscious desires.
  - facilitate memory and clean out old memories.
15. **During the last sleep cycle of the night, you might spend as long as \_\_\_\_\_ minutes in REM sleep.**
- 10
  - 30
  - 60
  - 90
  - 150
16. **Among adults, \_\_\_\_\_ are highly hypnotizable, while up to \_\_\_\_\_ of children fall into that category.**
- 13-15%; 85%
  - 12-15%; 85%
  - 10-15%; 65%
  - 10-15%; 75%
  - 10-15%; 85%
17. **\_\_\_\_\_ has been approved for the treatment of glaucoma.**
- Alcohol
  - Cannabis
  - Cocaine
  - Psilocybin
  - Caffeine

18. **Strenuous physical activity during the day is most likely to increase the amount of**
- Stage 2 sleep spindles.
  - Stage 1 sleep.
  - Stage 4 deep sleep.
  - REM sleep.
  - dream content.
19. **"Jet lag" is primarily a result of**
- anxiety-producing unconscious processes.
  - upset circadian rhythms.
  - hangover due to drinking alcohol before flying.
  - sensory isolation due to flying in an enclosed airplane for a long time.
  - flying many miles above sea level.
20. **Widely abused illegal drugs such as cocaine, heroin, and amphetamines are attractive to users because**
- they stimulate the brain's "reward circuits."
  - they helped our ancestors survive and reproduce.
  - they suppress REM sleep.
  - they slow down mental and physical activity.
  - they produce hallucinations and delusions.
21. \_\_\_\_\_ **is(are) the leading cause of preventable disease.**
- Smoking
  - Alcohol abuse
  - Risky sexual practices
  - Barbiturate overdose
  - Morphine addiction
22. **The occurrence of daytime sleep attacks is a symptom of**
- sleep paralysis.
  - narcolepsy.
  - insomnia.
  - daytime sleepiness.
  - sleep apnea.
23. **Cross-cultural studies suggest that dreams**
- reflect the life events that concern the dreamer.
  - reflect unconscious impulses.
  - are similar across cultures.
  - are important for good memory function.
  - rarely concern issues of violence and death.

24. **A cognitive neuroscientist would be most likely to have subjects \_\_\_\_\_ to determine which brain areas are active during different mental tasks.**
- discuss their most recent dreams
  - utilize a technique called "priming"
  - undergo MRI, PET, or EEG testing
  - take psychoactive drugs
  - report on their ideas by using introspection
25. **Sleep apnea is**
- common in premature infants.
  - associated with high blood oxygen levels.
  - a lower respiratory sleep disorder.
  - a surgical technique that can prevent loud snoring.
  - a common cause of insomnia.
26. **Stimulants**
- increase attention problems in ADHD children.
  - are often prescribed to reduce anxiety.
  - can effectively treat narcolepsy.
  - slow central nervous system activity.
  - reduce energy levels for most people.
27. **Which of the following is NOT classified as a hallucinogen?**
- psilocybin
  - angel dust
  - LSD
  - cocaine
  - cannabis
28. **Consciousness must process information \_\_\_\_\_, while nonconscious brain circuits can process many streams of information in \_\_\_\_\_.**
- personally; parallel
  - parallel; serial fashion
  - parallel; parallel
  - serially; serial fashion
  - serially; parallel
29. **After binging on alcohol the entire week of spring break, Virginia is trembling, nauseous, perspiring, and begging for alcohol. Virginia is probably suffering from:**
- alcohol intolerance.
  - a painful illusion.
  - sensory deprivation.
  - withdrawal symptoms.
  - cataplexy analgesia.

30. **The drug \_\_\_\_\_ has a greater negative effect on health than does all the other psychoactive drugs combined.**
- heroin
  - PCP
  - nicotine
  - alcohol
  - LSD
31. **Which culture interprets dreams as a message from God?**
- ancient Egyptians
  - ancient Chinese
  - ancient Israelites
  - Indian "Vedas"
  - Native Americans
32. **\_\_\_\_\_ was an early psychologist who dismissed introspection as too subjective to be scientifically useful.**
- Watson
  - Freud
  - Titchner
  - James
  - Helmholtz
33. **The ability of a drug to act as a hallucinogen involves an interaction with \_\_\_\_\_ at specific receptor sites.**
- psilocybin
  - melatonin
  - serotonin
  - phencyclidine
  - norepinephrine
34. **Structuralism used the technique of \_\_\_\_\_ to study consciousness.**
- psychoanalysis
  - experimentation
  - anima
  - naturalistic observation
  - introspection
35. **Sleep apnea is dangerous for adults because it**
- can reduce heart rate.
  - can cause a migraine.
  - elevates blood pressure, which in turn stresses the heart.
  - causes a loss of muscle tone.
  - causes lower back pain.

36. **The human brain contains approximately \_\_\_\_\_ transistor-like neurons.**
- 100,000
  - 100 billion
  - 10 million
  - 5 million
  - 1 billion
37. **A person who needs nine hours per night, but is only allowed to sleep for six hours per night, would be said to suffer from**
- insomnia.
  - sleep apnea.
  - hypersomnia.
  - a sleep debt.
  - a circadian cataplexy.
38. **A therapist can induce a patient to forget events that occurred during or before the hypnotic session in an effect called**
- hypnotic amnesia.
  - autohypnosis.
  - posthypnotic amnesia.
  - hypnotic meditation.
  - posthypnotic aphasia.
39. **Which of the following is a common cause for worsening one's insomnia?**
- overuse of cocaine
  - early morning exercise
  - inappropriate use of sleeping pills
  - eating a large meal at dinner
  - collapse of the airways to the lungs
40. **The pattern of human physiological processes that seems to be controlled by an internal "biological clock" is**
- unaffected by the world's daylight-dark cycles.
  - coordinated in the hypothalamus.
  - set on a 12-hour cycle.
  - identical for all people.
  - unrelated to work schedules and travel.

**Test Name: reviewchp8zim**

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