Unit 5 Study guide

Multiple Choice
Identify the choice that best completes the statement or answers the question.

1. The school of thought in psychology that systematically avoided the study of consciousness during the first half of the last century was
   a. psychoanalysis.
   b. behaviorism.
   c. functionalism.
   d. structuralism.
   e. Gestalt psychology.

2. How did the definition of psychology change when behaviorism began to dominate the field?
   a. The focus on mental concepts began to reemerge.
   b. The idea that unconscious forces shape our behavior became central.
   c. Psychologists began to concentrate on the development of the self.
   d. Psychology centered on direct observation of our actions.
   e. Advances in neuroscience directed psychologists to the study of brain activity.

3. Consciousness is
   a. the ability to solve problems, reason, and remember.
   b. the sudden and often novel realization of the solution to a problem.
   c. the process of organizing and interpreting sensory information.
   d. effortless encoding of incidental information into memory.
   e. our awareness of ourselves and our environment.

4. How is the hypothalamus involved in sleep?
   a. Cell clusters in the hypothalamus stimulate the production of relatively slow alpha waves, signaling the transition from deep relaxation to sleep.
   b. The hypothalamus triggers the pituitary gland in the endocrine system to produce the hormone thyroxin, which leads you to sleep.
   c. During sleep the hypothalamus stimulates the production of free radicals, molecules that are toxic to neurons, which weakens unused connections.
   d. In response to decreasing light the hypothalamus' suprachiasmatic nucleus causes the pineal gland to increase production of melatonin, leading you to sleep.
   e. The action of the hypothalamus suppresses immune cell production that fights off viral infections and cancer.

5. 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
   a. REM rebound.
   b. menstrual cycle.
   c. circadian rhythm.
   d. hypnagogic state.
   e. NREM sleep.
6. The circadian rhythm is influenced by light-sensitive retinal proteins that trigger signals to the
   a. suprachiasmatic nucleus.
   b. dopamine reward system.
   c. thyroid gland.
   d. sleep spindles.
   e. MDMA.

7. The rhythmic bursts of brain activity that occur during Stage 2 sleep are called
   a. alpha waves.
   b. circadian rhythms.
   c. sleep spindles.
   d. delta waves.
   e. amplitude waves.

8. The hypnagogic sensations of falling or floating are most likely to occur during which sleep stage?
   a. Stage 1
   b. Stage 2
   c. Stage 3
   d. Stage 4
   e. REM

9. Which of the following is most accurate about a typical night's sleep?
   a. The sleep cycle repeats itself every 60 minutes.
   b. During REM sleep the muscles are tense and brain waves reveal deep relaxation.
   c. As sleep progresses, Stage 3 and Stage 4 sleep diminish while REM sleep increases.
   d. Most of a night's sleep is spent in Stage 4 and REM.
   e. Everyone needs 8 hours of sleep per night.

10. SLEEPtalking may occur during
    a. Stage 1 sleep.
    b. Stage 2 sleep.
    c. REM sleep.
    d. Stage 4 sleep.
    e. any stage of sleep.

11. Fast and jerky movements of the eyes are especially likely to be associated with
    a. sleep spindles.
    b. dissociation.
    c. REM sleep.
    d. sleep apnea.
    e. NREM sleep.

12. When people are experiencing vivid dreams
    a. their bodies often move in accordance with what they dream.
    b. their eyes are likely to move under their closed eyelids.
    c. they are more likely to sleepwalk than during any other stage of sleep.
    d. their slow brain-wave patterns indicate that they are deeply asleep.
13. Three hours after going to sleep, Shoshanna's heart rate increases, her breathing becomes more rapid, and her eyes move rapidly under her closed lids. Research suggests that Shoshanna is
   a. dreaming.
   b. entering the third stage of sleep.
   c. ready to sleepwalk.
   d. exhibiting a sleep spindle.
   e. experiencing a night terror.

14. Research on sleep patterns indicates that
   a. older adults and newborns have very similar sleep patterns.
   b. different sleep patterns reflect differences in latent dream content.
   c. everyone needs a minimum of 8 hours of sleep per night to function well.
   d. sleep patterns may be genetically influenced.
   e. REM sleep may not be necessary for normal functioning.

15. Which of the following is evidence for cultural influences on sleep patterns?
   a. The sleep patterns of identical twins are usually similar.
   b. Brain waves are generally elevated and variable during REM sleep.
   c. Sleep patterns reflect differences in latent and manifest dream content.
   d. People in countries without electric lights generally sleep longer.
   e. Newborn babies spend more time in REM sleep than in NREM sleep.

16. Chronic sleep debt is most likely to promote
   a. sleep apnea.
   b. obesity.
   c. insomnia.
   d. night terrors.
   e. withdrawal.

17. Bats need a lot of sleep because their high waking metabolism produces ________ that are toxic to neurons.
   a. amphetamines
   b. hypnagogic sensations
   c. free radicals
   d. alpha waves
   e. opiates

18. Compared with when they were only 20 years old, 60-year-olds
   a. spend less time in deep sleep.
   b. spend less time in Stage 1 sleep.
   c. spend more time in paradoxical sleep.
   d. complete the sleep cycle more slowly.
   e. complete REM rebound more often.

19. Layla has difficulty going to sleep and staying asleep. Layla is most likely suffering from
   a. sleep apnea.
   b. night terrors.
c. hypnagogic sleep.
d. insomnia.
e. paradoxical sleep.

20. The lack of the neurotransmitter orexin has been linked to which of the following?
   a. sleep apnea
   b. paradoxical sleep
   c. insomnia
   d. narcolepsy
   e. sleepwalking

21. Which of the following sleep disorders would be the most incapacitating for a commercial bus driver?
   a. night terrors
   b. insomnia
   c. sleepwalking
   d. narcolepsy
   e. sleep apnea

22. Sleep apnea is a disorder involving
   a. the cessation of breathing during sleep.
   b. periodic uncontrollable attacks of overwhelming sleepiness.
   c. hypnagogic sensations of falling or floating weightlessly.
   d. the excessive use of sleeping pills or other sleep-inducing drugs.
   e. screams and panic during deep sleep.

23. Nightmares are to ________ as night terrors are to ________.
   a. REM sleep; Stage 4 sleep
   b. narcolepsy; sleep apnea
   c. delta waves; alpha waves
   d. Stage 4 sleep; Stage 1 sleep
   e. Stage 1 sleep; REM sleep

24. Which of the following is true of night terrors?
   a. They are usually recalled vividly for days following their occurrence.
   b. They are typically accompanied by a state of temporary muscular immobility or paralysis.
   c. They jolt the sleeper to a sudden state of full waking alertness.
   d. They typically occur during Stage 4 sleep.
   e. They involve the temporary inability to breathe.

25. Research studies of the content of dreams indicate that
   a. men are less likely than women to report dreams with sexual overtones.
   b. the genital arousal that occurs during sleep is typically related to sexual dreams.
   c. people are more likely to dream of failure than of success.
   d. most dreams are pleasant, exotic, and unrelated to ordinary daily life.
   e. hypnosis increases the amount of time we spend in NREM sleep, which interferes with dreams.
26. 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.
   a. paradoxical
   b. manifest
   c. delusional
   d. latent
   e. dissociated

27. After suffering a trauma, people commonly report an increase in
   a. sleep apnea.
   b. narcolepsy.
   c. threatening dreams.
   d. the hollow face illusion.
   e. latent content.

28. People with sleep apnea do not recall being awake and gasping for air, then falling back to sleep. Which of the following best explains this phenomenon?
   a. Activity in the limbic system is inhibited during REM sleep.
   b. Dreams that occur during NREM sleep are rarely recalled.
   c. Anything that happens during the 5 minutes just before we fall asleep is typically lost from memory.
   d. The hormone orexin, which is lacking in such patients, hinders the consolidation of memory.
   e. The free radicals produced during sleep weaken unused neural connections and affect memory formation.

29. According to Freud, the latent content of a dream refers to
   a. its accompanying brain-wave pattern.
   b. the previous day's events that prompted the dream.
   c. the sensory stimuli in the sleeping environment that are incorporated into the dream.
   d. its underlying but censored meaning.
   e. the story line of our dreams.

30. Evidence suggests that we consolidate our memories of recent life events through
   a. dissociation.
   b. neuroadaptation.
   c. hypnagogic sensations.
   d. REM sleep.
   e. parallel processing.

31. The activation-synthesis theory best helps to explain why
   a. most dreams are realistic portrayals of pleasant life events.
   b. people often experience sudden visual images during REM sleep.
   c. dreams typically express unacceptable feelings in a symbolically disguised form.
   d. individuals with sleep apnea are unable to recall any of their dreams.
   e. some people experience insomnia throughout their lives.
32. Dreams often involve sudden emotional reactions and surprising changes in scene. This best serves to support the theory that dreams
   a. strengthen our memories of the preceding day's events.
   b. reflect one's level of cognitive development.
   c. prepare us for the stress and challenges of the following day.
   d. are triggered by random bursts of neural activity.
   e. represent both latent content and manifest content.

33. Research indicates that the percentage of total sleep spent in REM sleep is higher in ________ than in ________.
   a. artists; scientists
   b. infants; adults
   c. females; males
   d. older adults; adolescents
   e. higher economic classes; lower economic classes

34. 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
   a. an increase in REM sleep.
   b. sleep apnea.
   c. insomnia.
   d. dissociation.
   e. an increase in NREM sleep.

35. Hypnosis involves a state of
   a. increased physical stamina.
   b. heightened openness to suggestion.
   c. improved perceptual skills.
   d. elevated autonomic arousal.
   e. low-amplitude and high-frequency brain waves.

36. Under hypnosis, Mrs. Mohammed is encouraged by her therapist to vividly experience and describe the details of an argument she had with her father when she was a child. The therapist is employing a technique called
   a. age regression.
   b. posthypnotic suggestion.
   c. paradoxical sleep.
   d. dissociation.
   e. posthypnotic amnesia.

37. Which of the following is true of “hypnotically refreshed” memories?
   a. They are accurate except for minor details.
   b. They combine fact and fiction.
   c. They are difficult to dispute.
   d. They are produced by people looking for attention.
   e. They are the dissociated part of a person's memory.

38. Researchers have demonstrated that hypnosis can be useful in
a. treating obesity.
b. helping individuals with drug, alcohol, or smoking addictions.
c. enhancing recall of stressful events.
d. making individuals perform actions they wouldn't do otherwise.
e. recovering childhood memories.

39. Research has indicated that hypnosis
a. can force people to act against their will.
b. can block sensory input.
c. is helpful in overcoming alcohol addictions.
d. enables some people to undergo surgery with only a local anesthesia.
e. is a state of unconsciousness, not an altered state of consciousness.

40. Advocates of the social influence theory of hypnosis are likely to argue that
a. hypnosis is a unique state of consciousness.
b. hypnotized people are simply enacting the role of good hypnotic subjects.
c. the process of dissociation best explains hypnotic phenomena.
d. most hypnotized people are consciously faking hypnosis.
e. hypnotic susceptibility is positively correlated with introversion.

41. The claim that hypnotic phenomena are regulated by normal conscious processes is associated with the theory that hypnosis reflects the power of
a. parallel processing.
b. dissociation.
c. neuroadaptation.
d. social influence.
e. activation-synthesis theory.

42. 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
a. dissociation.
b. conscious role-playing.
c. neuroadaptation.
d. hypnagogic sensations.
e. unconscious processes.

43. Dissociation refers to
a. a state of divided consciousness.
b. a state of paradoxical sleep.
c. conscious enactment of a hypnotic role.
d. nonconformity to social pressure.
e. manifest content, which is separate from latent content.

44. When subjected to a painful medical procedure without the benefit of an anesthetic, a hypnotized person is most likely to
a. show physiological activation of the sensory cortex.
b. exhibit a brain-wave pattern similar to that of Stage 4 sleep.
c. have no sensory experience of the pain-producing procedure.
d. be unable to remember anything that occurred during the procedure.
e. demonstrate behaviors that indicate an NREM state.

45. Alcohol, marijuana, cocaine, and a wide variety of other chemical agents that alter perceptions and moods are called
   a. stimulants.
   b. narcotic agents.
   c. psychoactive drugs.
   d. hallucinogens.
   e. physiological dependents.

46. Drug tolerance refers to the
   a. absence of pain or anxiety following the use of a drug.
   b. loss of social inhibitions following drug use.
   c. discomfort and distress that follow the discontinued use of a drug.
   d. reduced effect of a drug resulting from its regular usage.
   e. belief that drug use should be legalized.

47. The discomfort and distress that follow the discontinued use of certain drugs is called
   a. intolerance.
   b. narcolepsy.
   c. withdrawal.
   d. REM rebound.
   e. dissociation.

48. Unpleasant withdrawal symptoms are indicative of
   a. narcolepsy.
   b. neuroadaptation.
   c. dissociation.
   d. physical dependence.
   e. REM rebound.

49. Although repeated use of amphetamines has caused Aaron legal problems, which threaten his job, he continues to use the drugs. Aaron most clearly shows signs of
   a. REM rebound.
   b. age regression.
   c. narcolepsy.
   d. addiction.
   e. dissociation.

50. The greatest danger of viewing drug addiction as a disease is that this may lead drug addicts to
   a. feel increased feelings of shame.
   b. hide the drug abuse from public view.
   c. feel powerless to overcome the addiction.
   d. become victims of social hostility and prejudice.
   e. seek help from medical professionals.
51. 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
   a. drug tolerance.
   b. physical dependence.
   c. user expectations.
   d. neuroadaptation.
   e. dissociation.

52. Which drugs are most likely to be prescribed as tranquilizers?
   a. amphetamines
   b. barbiturates
   c. hallucinogens
   d. opiates
   e. dissociatives

53. Morphine and heroin are
   a. amphetamines.
   b. opiates.
   c. hallucinogens.
   d. barbiturates.
   e. stimulants.

54. What is most likely to occur when the brain is repeatedly flooded with artificial opiates?
   a. The immune system is suppressed.
   b. The brain shrinks.
   c. The brain stops making dopamine.
   d. The level of serotonin is permanently decreased.
   e. The brain stops producing endorphins.

55. Soon after taking a psychoactive drug, Zachary experienced a diminished appetite, an increased pulse rate, dilated pupils, and feelings of self-confidence and euphoria. Zachary most likely experienced the effects of
   a. heroin.
   b. cocaine.
   c. LSD.
   d. marijuana.
   e. THC.

56. When cocaine is injected or smoked, it produces a rush of euphoria that lasts 15 to 30 minutes. But the stimulant drug ________ can trigger 8 hours or so of heightened energy and euphoria.
   a. LSD
   b. heroin
   c. Amytal
   d. methamphetamine
   e. nicotine
57. The British government classifies the highly addictive crystallized form of ________ as one of the most dangerous of drugs.
   a. THC
   b. melatonin
   c. cortisol
   d. methamphetamine
   e. heroin

58. What do methamphetamine, caffeine, and cocaine have in common?
   a. They slow body functions and calm neural activity.
   b. They depress neural functioning and reduce pain.
   c. They distort perceptions and evoke sensations without sensory input.
   d. They excite neural activity and arouse body functions.
   e. They relax the body, lead to disinhibition, and produce euphoria.

59. Which of the following is the most widely consumed psychoactive substance?
   a. alcohol
   b. marijuana
   c. nicotine
   d. cocaine
   e. caffeine

60. Which of the following psychoactive drugs is most likely to impair people's ability to sleep?
   a. alcohol
   b. marijuana
   c. caffeine
   d. heroin
   e. barbiturates

61. Adolescents are most likely to start smoking in order to
   a. gain social acceptance.
   b. trigger the release of lymphocytes.
   c. reduce their mental alertness.
   d. reduce their blood pressure.
   e. gain decreased anxiety.

62. Which of the following is a common symptom of nicotine withdrawal?
   a. anxiety
   b. drowsiness
   c. diminished appetite
   d. insensitivity to pain
   e. euphoria

63. When cocaine is snorted, free-based, or injected, it produces a rush of euphoria by
   a. producing hallucinations.
   b. blocking the reuptake of dopamine.
   c. increasing the occurrence of alpha waves.
   d. triggering a state of dissociation.
64. The release of stored serotonin and the eventual damage of serotonin-producing neurons is most closely associated with the long-term use of
   a. alcohol.
   b. Ecstasy.
   c. morphine.
   d. barbiturates.
   e. amphetamines.

65. LSD is most likely to produce
   a. narcolepsy.
   b. hallucinations.
   c. dissociation.
   d. night terrors.
   e. age regression.

66. LSD and other powerful hallucinogens are chemically similar to, and therefore block the actions of, a subtype of the neurotransmitter serotonin. At the synapse, these drugs act as a(n)
   a. agonist.
   b. stimulant.
   c. endorphin.
   d. depressant.
   e. antagonist.

67. 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
   a. heroin.
   b. cocaine.
   c. barbiturates.
   d. marijuana.
   e. LSD.

68. Jason has been smoking marijuana. Which of the following best describes the effects of this psychoactive drug on Jason's behavior?
   a. Jason will become dehydrated quickly, which could lead to overheating and death.
   b. Jason will quickly experience a euphoric rush, then a significant “crash” as the drug wears off.
   c. Jason will experience blissful pleasure during use but extreme discomfort during withdrawal.
   d. Jason will become relaxed and experience mild hallucinations, followed by memory loss.
   e. Jason will feel increased alertness and wakefulness.

69. The altered state of consciousness that is most similar to a drug-induced hallucination is
   a. REM sleep.
   b. the near-death experience.
   c. hypnosis.
70. An altered state of consciousness similar to that of a near-death experience is most likely to result from the use of
   a. heroin.
   b. cocaine.
   c. marijuana.
   d. LSD.
   e. barbiturates.

71. Regular users of ________ may achieve a high with smaller amounts of the drug than occasional users.
   a. alcohol
   b. morphine
   c. marijuana
   d. heroin
   e. nicotine

72. Mrs. Roberts, who suffers from AIDS, has been given an ordinarily illegal drug at the university hospital. Considering her specific medical condition, it is likely that she has received
   a. LSD.
   b. cocaine.
   c. marijuana.
   d. heroin.
   e. Ecstasy.

73. Like his father, Martin has been abusing alcohol for many years. Using the biopsychosocial approach in helping him understand his behavior, psychologists would
   a. reduce his experiences with alcohol to his immediate sensations and feelings.
   b. focus on possible unconscious motivations for his alcohol abuse.
   c. examine additional psychological and social-cultural influences on his alcohol use.
   d. examine how significant life stressors may have influenced his alcohol use.
   e. explore how his peers may have influenced his attitudes and his alcohol use.

74. Research suggests that an important factor contributing to drug abuse by youth and young adults is
   a. having a parent who suffers from narcolepsy.
   b. feeling that one's life is meaningless.
   c. abnormally high levels of the brain chemical NPY.
   d. sleep apnea.
   e. disturbing latent content in dreams.

75. The best predictor of an adolescent's pattern of drug usage is whether the adolescent
   a. has close friends who use drugs.
   b. grows up in an intact two-parent family.
   c. has religious beliefs.
   d. owns his or her own car.
   e. is a first or second child.
## Unit 5 Study guide
### Answer Section

### MULTIPLE CHOICE

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<td>Application</td>
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48. ANS: D  PTS: 1  DIF: Easy
REF: Page 197 | Section- States of Consciousness  OBJ: 9
TOP: Dependence and addiction  MSC: Factual | Definitional

49. ANS: D  PTS: 1  DIF: Easy
REF: Page 198 | Section- States of Consciousness  OBJ: 9
TOP: Misconceptions about addiction  MSC: Conceptual | Application

50. ANS: C  PTS: 1  DIF: Medium
REF: Page 198 | Section- States of Consciousness  OBJ: 9
TOP: Misconceptions about addiction  MSC: Factual | Definitional

51. ANS: C  PTS: 1  DIF: Medium
REF: Page 200 | Section- States of Consciousness  OBJ: 10
TOP: Depressants  MSC: Factual | Definitional

52. ANS: B  PTS: 1  DIF: Easy
REF: Page 200 | Section- States of Consciousness  OBJ: 10
TOP: Depressants  MSC: Factual | Definitional

53. ANS: B  PTS: 1  DIF: Easy
REF: Page 201 | Section- States of Consciousness  OBJ: 10
TOP: Depressants  MSC: Factual | Definitional

54. ANS: E  PTS: 1  DIF: Medium
REF: Page 201 | Section- States of Consciousness  OBJ: 10
TOP: Depressants  MSC: Factual | Definitional

55. ANS: B  PTS: 1  DIF: Difficult
REF: Page 201 | Section- States of Consciousness  OBJ: 11
TOP: Stimulants  MSC: Conceptual

56. ANS: D  PTS: 1  DIF: Medium
REF: Page 201 | Section- States of Consciousness  OBJ: 11
TOP: Stimulants  MSC: Factual | Definitional

57. ANS: D  PTS: 1  DIF: Medium
REF: Page 201 | Section- States of Consciousness  OBJ: 11
TOP: Stimulants  MSC: Factual | Definitional

58. ANS: D  PTS: 1  DIF: Medium
REF: Page 201 | Section- States of Consciousness  OBJ: 11
TOP: Stimulants  MSC: Factual | Definitional

59. ANS: E  PTS: 1  DIF: Easy
REF: Page 202 | Section- States of Consciousness  OBJ: 11
TOP: Stimulants  MSC: Factual | Definitional

60. ANS: C  PTS: 1  DIF: Medium
REF: Page 202 | Section- States of Consciousness  OBJ: 11
TOP: Stimulants  MSC: Factual | Definitional

61. ANS: A  PTS: 1  DIF: Easy
REF: Page 202 | Section- States of Consciousness  OBJ: 11
TOP: Stimulants  MSC: Factual | Definitional

62. ANS: A  PTS: 1  DIF: Medium
REF: Page 203 | Section- States of Consciousness  OBJ: 11
TOP: Stimulants  MSC: Factual | Definitional

63. ANS: B  PTS: 1  DIF: Difficult
REF: Page 204 | Section- States of Consciousness  OBJ: 11
TOP: Stimulants (text and Figure 5.15)  MSC: Factual | Definitional

64. ANS: B  PTS: 1  DIF: Difficult
65. ANS: B  PTS: 1  DIF: Easy
66. ANS: E  PTS: 1  DIF: Difficult
67. ANS: E  PTS: 1  DIF: Medium
68. ANS: D  PTS: 1  DIF: Medium
69. ANS: B  PTS: 1  DIF: Easy
70. ANS: D  PTS: 1  DIF: Medium
71. ANS: C  PTS: 1  DIF: Medium
72. ANS: C  PTS: 1  DIF: Easy
73. ANS: C  PTS: 1  DIF: Medium
74. ANS: B  PTS: 1  DIF: Easy
75. ANS: A  PTS: 1  DIF: Easy