

Chapter 01 Psychology: The Science of Behaviour

True / False Questions

1. A researcher who is studying the effect of sleep on cognitive ability develops a general theory about the relevance of sleep for psychological phenomena. This is an example of applied research.

FALSE

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-05 Psychology as a Basic and Applied Science

2. Monism suggests that mind is brain, whereas dualism suggests that mind influences brain.

TRUE

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-08 Psychology's Intellectual Roots

3. The functionalism school of psychological thought made use of the technique called introspection to gather knowledge.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

4. William James is generally considered to be one of the founders of the school of psychological thought called functionalism.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

5. The proponents of the behavioural perspective of psychology tend to favour the use of direct observation over reasoning as a means of gaining knowledge.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

6. The behavioural psychological perspective typically operates at the environmental level of analysis.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

7. A criticism of the evolutionary approach is that it places too much emphasis on cultural factors.

FALSE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

8. The levels-of-analysis approach considers the molecular, biological, and environmental perspectives when explaining behaviour.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

9. The three important guidelines for effective time management are using written schedules, prioritizing, and breaking down large tasks into smaller ones.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-04 Psychology Today

Topic: 01-19 Psychology Today

10. Predictability of the nature of behaviour of people under certain conditions is not considered a foundational goal of psychology?

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-04 Psychology's Goals

11. If someone wants to learn about how eating behaviour affects school performance then incorporating the principles of applied research is an ideal approach?

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-05 Psychology as a Basic and Applied Science

12. The early school of American psychology looks at the functions of consciousness and behaviour in helping the individual adapting to their environment and also satisfy their needs. Collectively this is termed structuralism?

FALSE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-06 Psychology's Broad Scope: A Simple Framework

Multiple Choice Questions

13. The field of psychology is concerned with the scientific study of

- A. directly observable behaviours but not internal states and processes
- B. internal states and processes but not directly observable behaviours
- C. personality and abnormal behaviour
- D.** directly observable behaviours and internal states and processes

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

14. The subfield of psychology that would be concerned with studying leadership, teamwork, job satisfaction, and performance is called _____ psychology.

- A. cognitive
- B. human
- C. experimental
- D.** industrial-organizational (I/O)

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

15. A professor asks a student to assist in a research the psychology department is conducting on different parenting styles. The professor is a(n) _____ psychologist.

- A. experimental
- B. developmental**
- C. personality
- D. social

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Easy

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

16. Evidence gained through experience and observation is called _____.

- A. real world data
- B. empirical evidence**
- C. personal evidence
- D. rational evidence

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-02 Psychology's Scientific Approach

17. One of the greatest strengths of the scientific method is that, it is

- A. a self-correcting process**
- B. free from error
- C. free from speculation
- D. only undertaken for the greater good

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-02 Psychology's Scientific Approach

18. Compared to the other ways of trying to understand the world, critical thinking is unique in that it emphasizes

- A. learning how to personally conduct actual research experiments
- B. taking an active role when attempting to understand something**
- C. relying on experts to tell us what is accurate and true
- D. understanding the meaning of particular statistics

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-03 Thinking Critically about Behaviour

19. Which of these is NOT the benefit of critical thinking in helping us avoid many negative outcomes?

- A. Spending money and energy on bogus therapies
- B. Basing important decisions on fortune tellers' bogus advice
- C. Using 'educational' toys for children that have not shown to be educational
- D. Taking a passive role about the world around us**

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-03 Thinking Critically about Behaviour

20. During dinner one evening, Ariel mentions that she just read in a popular magazine that a particular herbal substance improves memory. She's very excited about trying this supplement in hopes that it might improve her grades. Sitting across the table from her, Juan is skeptical. He begins to ask her about such things as the nature of the evidence regarding the herb's effectiveness and how big the memory improvement effect is supposed to be. Juan's behaviour is most consistent with which of the following concepts discussed in the text?

- A. Gestalt psychology
- B. Functionalism
- C. British empiricism
- D.** Critical thinking

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-03 Thinking Critically about Behaviour

21. All of the following are specifically mentioned as questions to consider asking when engaged in critical thinking about a claim, EXCEPT this.

- A. Are there other possible explanations?
- B. What is the evidence?
- C.** What do other people think about this?
- D. What is the most reasonable conclusion?

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-03 Thinking Critically about Behaviour

22. Gordon, a budding psychologist, asks himself questions pertaining to critical thinking. Which of the following questions should he NOT ask himself?

- A. What, exactly, is the claim or assertion?
- B. What's the evidence, and how good is it?
- C. What is the most appropriate conclusion?
- D. When was the claim or assertion made?**

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-03 Thinking Critically about Behaviour

23. The four central goals of psychology are

- A. describe, understand, predict, influence**
- B. describe, understand, reduce, influence
- C. rationalize, understand, predict, influence
- D. simplify, analyze, influence, rationalize

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-04 Psychology's Goals

24. Which of the following actions was NOT mentioned as a central goal of psychology?

- A. Describe
- B. Rationalize**
- C. Influence
- D. Predict

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-04 Psychology's Goals

25. Dr. Forman is a school psychologist who has been asked to observe a disruptive student. After her observation, she writes, "Bobby had difficulty with the math lesson, and began distracting the students who were sitting next to him by pinching and hitting them." Dr. Forman's observations are most consistent with which goal of psychology?

- A.** Description
- B. Application
- C. Prediction
- D. Influence

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-04 Psychology's Goals

26. A usually very mild-mannered middle-aged man started to lose his temper very easily and often. His doctor became suspicious of an underlying physical reason for the change in his behaviour and ordered a CAT scan in which it was determined that he had a brain tumour. The doctor is fulfilling the goal of _____ in psychology.

- A. description
- B.** understanding
- C. prediction
- D. control

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-04 Psychology's Goals

27. On the old Star Trek series, viewers were always able to tell which crew member would be the most likely to die when on the "away mission." It was the crew member wearing the red suit, although we never knew the reason for this occurrence. The ability to forecast the demise of the red-suited crew member illustrates the ability to

- A. describe behaviour
- B. predict behaviour**
- C. understand behaviour
- D. influence or control behaviour

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-04 Psychology's Goals

28. Introductory Psychology students at Superior College are asked to expand the goals of psychology. Which goals should the students elaborate on?

- A. Describe and explain behaviour of people and other animals
- B. Describe, explain, and predict behaviour of people and other animals
- C. Describe, and explain and understand, predict, and influence behaviour of people and other animals**
- D. Describe, and explain and understand, predict, and influence behaviour of people

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Easy

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-04 Psychology's Goals

29. Basic research seeks

- A. knowledge for its own sake**
- B. to solve a specific, practical problem
- C. to utilize biological or genetic methodologies
- D. to do research in a unique new area

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-05 Psychology as a Basic and Applied Science

30. Applied research seeks

- A. knowledge for its own sake
- B.** to solve a specific, practical problem
- C. to demonstrate that psychological interventions are cost-effective
- D. to develop interdisciplinary ties with other areas

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-05 Psychology as a Basic and Applied Science

31. Dr. Kohler is a developmental psychologist who is concerned with some problems in the area of youth sport, such as overly critical coaches and children with poor self-esteem. He conducts research in which coaches are observed during games and children are interviewed about their attitudes toward their sport and their coaches. The results from these observations are then used to create an education program designed to change coaching behaviour and to help increase the self-esteem of the children they coach. Dr. Kohler's research is best characterized as

- A. basic research
- B. dualistic research
- C.** applied research
- D. functional research

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-05 Psychology as a Basic and Applied Science

32. Which of the following activities best represents basic research; studying?

- A. Methods for reducing depression after the death of a loved one
- B.** Changes in brain chemistry that are associated with depression
- C. How to help AIDS victims effectively cope with their disease
- D. The effects of a reading program designed to assist disadvantaged children

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-05 Psychology as a Basic and Applied Science

33. Professors at Superior College are interested in finding outcomes of different study methods employed by students and plan a research on a sample of students. What research design would be best suited for such a study?

- A. Basic research
- B. Applied research**
- C. Analytical research
- D. Archival research

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-05 Psychology as a Basic and Applied Science

34. When explaining behaviour, the levels-of-analysis approach considers the _____, _____, and _____ perspectives.

- A. pre-event; event; post-event
- B. antecedent; behavioural; consequential
- C. biological; psychological; environmental**
- D. developmental; biological; humanistic

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-06 Psychology's Broad Scope: A Simple Framework

35. When considering the mind-body puzzle, philosophers who argued that the mind is NOT separate from the body would belong to which philosophical position?

- A. Dualism
- B. Monism**
- C. Structuralism
- D. Functionalism

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-08 Psychology's Intellectual Roots

36. When considering the mind-body puzzle, some philosophers argue that the mind is a separate entity from the body and is not subject to the same physical laws as the body. These individuals would belong to which philosophical position?

- A. Monism
- B. Structuralism
- C. Mind-body dualism**
- D. Functionalism

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-08 Psychology's Intellectual Roots

37. One important implication of the dualism position is that it implies that

- A. studying the body won't necessarily tell us anything about the mind**
- B. studying the body will enable us to learn more about the mind
- C. the mind should be studied by examining the functions it is capable of
- D. the mind should be studied by examining its basic structural components

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-08 Psychology's Intellectual Roots

38. One of the critical implications of the monism position on the mind-body question is that it assumes that

- A. the mind is a completely separate entity from the body
- B. we should base our knowledge on empiricism
- C. we can understand the mind by understanding the brain and how it works**
- D. we should study the mind and brain by focusing on their various functions

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-08 Psychology's Intellectual Roots

39. Dr. Dinh is examining the differences in brain activity that occur when people are happy or sad in an attempt to gain a better understanding of how the mind works. In terms of the mind-body problem, which of the following statements about Dr. Dinh is MOST likely to be true? Mr. Dinh is
- A. most likely a monist
 - B. most likely a dualist
 - C. equally likely to be either a monist or a dualist given the work that she is doing
 - D. NOT likely to be a monist or a dualist since neither of these terms has relevance to her work

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-08 Psychology's Intellectual Roots

40. René Descartes proposed a solution to mind-body dualism by suggesting that
- A. there is no spiritual mind
 - B. the brain is actually irrelevant for physical behaviour
 - C. the mind affects behaviour through the pineal gland
 - D. electrochemical processes explain behaviour

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-08 Psychology's Intellectual Roots

41. John Locke subscribed to which of the following philosophical perspectives?
- A. Functionalism
 - B. Structuralism
 - C. British empiricism
 - D. Dualism

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-08 Psychology's Intellectual Roots

42. British empiricism made the specific claim that our knowledge and understanding should be based upon

- A. intuition
- B. basic research
- C. observation**
- D. reason

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-08 Psychology's Intellectual Roots

43. Imagine that you are curious about how people perceive colour and how well they can detect small changes in colour. You design a slide show in which you slowly manipulate the colour of the light people see (by slowly changing the light's frequency) and you ask them if they can detect the change. Your efforts are most similar to the works of the people in which of the following fields?

- A. Evolutionary psychology
- B. Psychophysics**
- C. Behaviour genetics
- D. Behavioural neuroscience

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-08 Psychology's Intellectual Roots

44. The field that studies how psychologically experienced sensations depend on characteristics of physical stimuli is called _____.

- A. psychophysics**
- B. physiology
- C. neurology
- D. psychodynamism

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-08 Psychology's Intellectual Roots

45. Human behaviour can be better understood by studying the behaviour of other animal species is the hallmark to which of the following?

- A. British empiricism
- B. Structuralism
- C. Darwin's theory of evolution**
- D. Gestalt psychology

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-08 Psychology's Intellectual Roots

46. Wundt and Titchener were associated with which of the following approach to psychology?

- A. Structuralist**
- B. Functionalist
- C. Psychodynamic
- D. Dualistic

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

47. Who among the following individuals is a representative of the early school of psychology known as structuralism?

- A. Charles Darwin
- B. John Locke
- C. William James
- D. Edward Titchener**

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

48. William James was a proponent of the approach to psychology known as

- A. structuralism
- B. functionalism**
- C. dualism
- D. British empiricism

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

49. For some strange reason, noses have always fascinated George. He spends hours a day speculating on just why humans have noses and how noses have helped us to adapt and evolve in our environments. George's speculations are most similar to which of the following schools of psychology?

- A. Functionalism**
- B. Behaviourism
- C. Social constructivism
- D. Structuralism

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

50. Researchers who adhered to the structuralism school of psychological thought typically studied sensations through which method?

- A. Insight
- B. Dream analysis
- C. Introspection**
- D. Recording electrical activity of the brain

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

51. Individuals aligned with the _____ approach used the method known as introspection in order to study _____.
- A. functionalism; the functions of consciousness
 - B. structuralism; human sensations**
 - C. Gestalt psychology; how experiences are organized into wholes
 - D. evolutionary psychology; natural selection

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

52. Wilhelm Wundt is to _____ as William James is to _____.
- A. functionalism; structuralism
 - B. structuralism; functionalism**
 - C. dualism; functionalism
 - D. structuralism; dualism

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

53. Which approach to psychology emphasizes the uses of consciousness instead of its structures?
- A. Operant conditioning
 - B. Classical conditioning
 - C. Structuralism
 - D. Functionalism**

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

54. Which approach to psychology emphasizes the analysis of mind in terms of its basic elements?

- A. Operant conditioning
- B. Classical conditioning
- C. Structuralism**
- D. Functionalism

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

55. Although functionalism no longer exists as a school of thought within psychology, it had an influence on the contemporary fields of _____ psychologies.

- A. cognitive and psychodynamic
- B. evolutionary and psychodynamic
- C. cognitive and evolutionary**
- D. Gestalt and dualism

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

56. Psychologist Chandler is a proponent of a school of thought that believes the mind can be studied by breaking it down into its basic components and employing a method of "looking within." The school he follows is _____, and the method used is _____.

- A. structuralism; experimentation
- B. functionalism; introspection
- C. psychoanalysis; free association
- D. structuralism; introspection**

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

57. Sigmund Freud based much of his psychoanalytic theory on his investigation of people suffering from

- A. feelings of persistent depression, sadness, and loneliness
- B. physical symptoms such as paralysis that had no apparent bodily cause**
- C. insanity and madness
- D. multiple personalities

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

58. What technique did Sigmund Freud use to treat his patients?

- A. Free association**
- B. Graded exposure
- C. Introspection
- D. Flooding

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

59. The psychological defence mechanism that is thought to protect people from anxiety by keeping anxiety-producing thoughts, feelings, memories, and impulses in the unconscious is called _____.

- A. Repression**
- B. Psychoanalysis
- C. Free association
- D. Insight

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

60. A psychologist who subscribe to the Freudian school of thought likely endorse which of the following statements? Our behaviour is largely the _____.
- A. product of the reinforcement and punishment we receive from our environment
 - B. product of neurological imbalances that are inherent in the average human body
 - C.** result of the continuous conflict between internal impulses and defences
 - D. result of genetics

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

61. Freud's psychoanalytic perspective suggested that humans have inborn _____ drives.
- A. primary and sexual
 - B. power and aggressive
 - C.** sexual and aggressive
 - D. physical and achievement

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

62. The psychological techniques that help people cope with anxiety and the pain of traumatic experiences are called _____.
- A. anxiety therapies
 - B. mental exercises
 - C.** defence mechanisms
 - D. introspections

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

63. You get especially angry when your boss yells at you, but you never talk back to him. According to psychodynamic theory, you do not talk back because you have _____ your aggressive drives into your unconscious.
- A. ameliorated
 - B. diffused
 - C. repressed**
 - D. coalesced

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

64. A major criticism of Sigmund Freud's theory of psychoanalysis would be that his theory _____.
- A. is difficult to test because many of its concepts are difficult to measure**
 - B. did little to stimulate additional psychological research
 - C. did little to stimulate the development of new psychological theories
 - D. was not comprehensive enough

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

65. Modern psychodynamic theory differs from Freud's traditional psychoanalytic theory in that the modern approach
- A. places more emphasis on childhood sexuality
 - B. de-emphasizes the role of unconscious aggressive and sexual impulses**
 - C. is more likely to use hypnosis instead of free association in order to get at unconscious material
 - D. rejects the notion of the unconscious altogether

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

66. While being treated for a psychological illness, Tom's therapist makes Tom express all thoughts that come to his mind. The therapist is using a technique called _____.

- A. free expression
- B. free association**
- C. free thinking
- D. random association

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

67. Despite its emphasis on unconscious factors, the psychodynamic perspective is similar to the behavioural perspective in that they both acknowledge the importance of _____ in determining human behaviour.

- A. thoughts
- B. biology and genetics
- C. external and environmental factors**
- D. free will and personal choice

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

68. Which of the following psychological perspectives strongly emphasizes the role of the external environment in influencing and affecting our actions?

- A. Humanistic
- B. Cognitive
- C. Biological
- D. Behavioural**

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

69. The behavioural psychological perspective owes its' roots to which philosophical perspective?

- A.** British empiricism
- B. Gestalt psychology
- C. Functionalism
- D. Dualism

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

70. From a behavioural perspective, people are born as a 'tabula rasa', or a(n)

- A. prepared being
- B.** blank slate
- C. instinct driven organism
- D. inherently good being

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

71. A psychologist proposes that to affect recent problems with school violence we need to significantly change the environments in which children are being raised by more heavily reinforcing the behaviours we would like to see. This psychologist is most likely associated with which psychological perspective?

- A. Humanistic
- B. Psychodynamic
- C. Cognitive
- D.** Behavioural

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

72. A psychologist who argues that the proper focus of psychology is NOT inner mental events but ONLY observable behaviour is most likely associated with which psychological perspective?

- A. Cognitive
- B. Biological
- C. Behavioural**
- D. Sociocultural

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

73. According to Thorndike's law of effect, studying for an exam should lead you to study for future exams if

- A. you do well on the exam**
- B. you do poorly on the exam
- C. studying generates more repression
- D. studying generates less repression

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

74. The behavioural perspective is often traced to _____, who studied the causes of salivation in dogs.

- A. John Watson
- B. Ivan Pavlov**
- C. Sigmund Freud
- D. Wilhelm Wundt

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

75. B.F. Skinner is most closely associated with which of the following behavioural approaches?

- A.** radical behaviourism
- B. British empiricism
- C. the law of effect
- D. tabula rasa

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

76. According to the text, who made the rather bold claim that he could take any human infant at birth and train that infant into any kind of person that he might want?

- A. Carl Rogers
- B. F. Skinner
- C. Edward Thorndike
- D.** John B. Watson

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

77. Watson was so passionate about his behaviouristic perspective that he believed that he could take 12 infants and identify

- A. their most likely profession based on genetics
- B. their most likely profession based on personality
- C. their most likely profession based on culture
- D.** how to train them to pursue whatever profession he chose

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

78. Imagine two students who both get a D on an important exam in a psychology class. One of them decides to study much harder, and on the next test she gets a significantly better grade. The other student concludes that he just isn't smart enough to do well in this class and, not surprisingly, he gets another D on the next exam. Even though both students were exposed to the same occurrence (both got a D on the first exam), their subsequent behaviours were very different as a result of their different thoughts and expectations. This example best illustrates the approach of which of the following?

- A. Behaviourism
- B. Cognitive behaviourism**
- C. Evolutionary psychology
- D. Gestalt psychology

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

79. Which of the following is an accurate comparison between the behavioural and psychodynamic perspectives is most accurate?

- A. Although they are rather different on the surface, the perspectives are similar in that they both place a strong emphasis on free will and personal choice.
- B. The behavioural approach emphasizes free will and personal choice while the psychodynamic approach does not.
- C. The behavioural approach emphasizes internal causes while the psychodynamic approach places more emphasis on external causes.
- D. The behavioural approach emphasizes external causes, whereas the psychodynamic approach places more emphasis on internal causes.**

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Hard

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

80. This perspective arose from philosophical schools that emphasized free will, innate tendencies toward growth, and the attempt to find meaning in one's existence

- A. sociocultural
- B. behavioural
- C. humanistic**
- D. cognitive

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

81. Humanistic theorists assume that everyone has an innate tendency toward growth, and achieving one's individual potential called

- A. self-realization
- B. self-actualization**
- C. self-development
- D. self-confidence

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

82. An individual is working with a psychologist who pays a great deal of attention to how the psychologist finds personal meaning in life. The psychologist also focuses on the power of choice and free will. This psychologist most likely adheres to which psychological perspective?

- A. Behavioural
- B. Psychodynamic
- C. Humanistic**
- D. Biological

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

83. The psychodynamic and humanistic perspectives are similar in that both
- A. emphasize the importance of biological and genetic factors
 - B. acknowledge the importance of internal personality processes**
 - C. owe their philosophical roots to British empiricism
 - D. focus exclusively on the impact of culture and society on the individual

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

84. Psychodynamic perspective is to _____ as humanistic perspective is to _____.
- A. unconscious conflict; free will**
 - B. free will; unconscious conflict
 - C. repression; rewards/punishment
 - D. rewards/punishment; repression

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

85. Abraham Maslow and Carl Rogers were both associated with which psychological perspective?
- A. Psychodynamic
 - B. Cognitive
 - C. Humanistic**
 - D. Biological

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

86. From Maslow's humanistic perspective, each person has a drive toward

- A. reproduction
- B. death
- C. self-actualization**
- D. learning

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

87. According to humanistic theorists, why isn't everyone self-actualized?

- A. Unsupportive environments frustrate and inhibit this innate tendency towards growth.**
- B. Although self-actualization is a universal human tendency, some people possess less of this tendency than others.
- C. This tendency does not operate properly if a person still has unresolved sexual and aggressive issues in his or her unconscious.
- D. In individualistic cultures, this tendency receives little emphasis.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

88. Carl Rogers was noted for applying humanistic principles to

- A. social engineering
- B. the homeless
- C. psychotherapy**
- D. environmental issues

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

89. Popular psychology's emphasis on free will, achieving one's goals, and active growth is most consistent with which of the following perspectives?

- A. Behaviouristic
- B. Humanistic**
- C. Psychoanalytic
- D. Cognitive

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

90. The effects of the humanistic tradition are most clearly articulated in the contemporary

- A. learning theories
- B. social engineering movement
- C. positive psychology movement**
- D. diathesis-stress movement

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

91. A clinical psychologist has been working with a client. The client recently lost the use of both legs in a car crash and understandably has been feeling rather angry and depressed since the accident. Although the psychologist empathizes with the client's current emotions, the psychologist stresses that the client has a choice in terms of how to interpret the current situation and should take personal responsibility for changing the feelings and creating a better life. The psychologist is most likely aligned with which of the following perspectives?

- A. Psychodynamic
- B. Humanistic**
- C. Sociocultural
- D. Behavioural

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

92. A psychology student grew up in a supportive environment because of which a positive person from within the student has emerged. This has motivated him to reach full potential, known as _____.

- A. self-esteem
- B. self-awareness
- C. self-image
- D.** self-actualization

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

93. A psychologist who assumes that people's thought processes function almost like detailed computer programs would most likely be associated with which psychological perspective?

- A. Psychodynamic
- B. Biological
- C. Behavioural
- D.** Cognitive

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

94. This perspective emphasizes how we perceive, reason, problem-solve, understand language, and store information in our minds

- A. Humanistic
- B. Psychoanalytic
- C. Functionalistic
- D.** Cognitive

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

95. Gestalt psychology was mentioned as playing an important role in the origin of which psychological perspective?

- A. Sociocultural
- B. Cognitive**
- C. Humanistic
- D. Behavioural

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

96. Jean Piaget was mentioned as a theorist who had a strong impact on which psychological perspective?

- A. Psychodynamic
- B. Sociocultural
- C. Behavioural
- D. Cognitive**

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

97. The statement, "the whole is greater than the sum of its parts," is most likely from which school of psychology?

- A. Gestalt psychology**
- B. Functionalism
- C. Structuralism
- D. Evolutionary psychology

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

98. Interest in the cognitive perspective was reinvigorated in the 1950s by psychologists'
- A. involvement in political movements
 - B. involvement during WW II**
 - C. research on gender issues
 - D. research on evolution

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

99. The psychologist Jean Piaget is best known for his research in which area?
- A. Artificial intelligence
 - B. How irrational thought patterns contribute to emotional problems
 - C. The cognitive development of children**
 - D. Evolutionary psychology

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

100. A clinical psychologist studies the role and function of the brain in forming memories. The psychologist is a(n) _____.
- A. experimental psychologist
 - B. cognitive neuroscientist**
 - C. cognitive psychologist
 - D. humanistic neuroscientist

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

101. This psychological perspective focuses on how culture is transmitted to its members and on the similarities of and the differences between people from diverse cultures.

- A.** Cultural psychology
- B. Biological psychology
- C. Evolutionary psychology
- D. Humanistic

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

102. Which of the following terms refers to the enduring values, beliefs, behaviours, and traditions that are shared by a large group of people and are passed from one generation to the next?

- A.** Culture
- B. Socialization
- C. Introspection
- D. Collectivism

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

103. The study of how culture is transmitted to its members and of psychological similarities and differences among people from diverse cultures is called

- A. behaviourism
- B.** cross-cultural psychology
- C. social activism
- D. cognitive psychology

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

104. Kozue was raised in a family where her sense of self was defined relative to the various groups of which she was a member, such as her family and her class at school. Kozue learned that the goals of these groups were more important than any of the individual goals of people in these groups. The values emphasized by Kozue's family are most consistent with
- A.** collectivism
 - B. structuralism
 - C. individualism
 - D. functionalism

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

105. Which of the following pieces of information would be most useful in deciding whether or not a particular culture is individualistic or collectivistic?
- A. The amount of technological advancement in the culture
 - B.** The emphasis people in the culture place on personal achievement
 - C. The amount of money the culture's economy produces
 - D. The respective roles of men and women in the culture

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

106. Even when students are working in a group, American teachers are more likely to direct their comments to individuals. In Japan, teachers are more likely to direct their comments at groups. This difference between educational behaviours in the two countries has the most relevance to which of the following?

- A. The humanistic concept of self-actualization
- B. The behavioural perspective's emphasis on environmental factors
- C. The collectivism-individualism distinction**
- D. The concept of social constructivism

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

107. The research of Robert Levine and his colleagues on love and marriage was presented as an example of the _____ perspective on psychology.

- A. sociocultural**
- B. behavioural
- C. humanistic
- D. cognitive

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

108. Which of the following statements best summarizes the cross-cultural research conducted by Robert Levine and his colleagues on the topic of love and marriage?

A. Surprisingly, the results of the study suggest that in many cultures, love has little or no importance when making marriage decisions.

B. The results indicated that in some cultures, even though love was important it was not viewed as an essential prerequisite for marriage.

C. The results of the study indicated that with regard to marriage, the differences between men and women within each culture were much larger than the differences observed between cultures.

D. Surprisingly, the results of the study revealed that there were strong similarities in beliefs about marriage across the different cultures.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

109. In the study conducted by Robert Levine and his colleagues, the following was the primary question asked of participants on the questionnaire.

A. If someone had all the qualities you desired in a mate, would you marry that person if you were not in love with him/her?

B. If your spouse cheated on you, do you think that this also implies that he/she is no longer in love with you?

C. Do you feel that the person you marry will influence how friends, family, and peers view you as an individual?

D. Do you seriously consider the opinions of your family when making decisions about whom to marry?

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

110. The results of the study by Robert Levine and his colleagues indicated that people from
- A. individualistic and collectivistic countries placed similar importance on love as a necessary prerequisite for marriage
 - B. individualistic and economically wealthy countries were less likely to view love as a necessary prerequisite for marriage
 - C. collectivistic and economically poor countries were more likely to view love as a necessary prerequisite for marriage
 - D. collectivistic and economically poor countries were less likely to view love as a necessary prerequisite for marriage**

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

111. This perspective examines how brain processes and other bodily functions regulate behaviour.
- A. Psychological
 - B. Humanistic
 - C. Biological**
 - D. Evolutionary

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

112. When Karl Lashley investigated the brain mechanisms involved in learning, he
- A. made 'mental maps' by studying the bumps and valleys of the skull
 - B. studied the neurological differences using brain imaging
 - C. measured the EEG activity in trained and untrained animals
 - D. produced lesions in specific brain areas of animals and observed how this impacted learning and memory**

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

113. Which of the following is specifically concerned with identifying the physiological processes that underlie our behaviours, sensations, thoughts, and feelings?

- A. Evolutionary psychology
- B. Behaviour genetics
- C. Behavioural neuroscience**
- D. Behaviourism

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

114. The field of evolutionary psychology is considered to be a part of which psychological perspective?

- A. Cognitive
- B. Sociocultural
- C. Biological**
- D. Behavioural

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

115. Evolutionary theory states that individuals who receive a competitive advantage from inherited traits will be more likely to survive, reproduce, and thus pass on these adaptive traits to future generations. This process is known as natural _____.

- A. endurance
- B. selection**
- C. extinction
- D. survival

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

116. The scientific area that is concerned with the influence of genetic factors on behavioural tendencies is called

- A. evolutionary psychology
- B. behaviour genetics**
- C. sociogenetics
- D. sociobiology

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

117. A sociocultural theorist would most likely criticize the evolutionary perspective for its overemphasis on _____ and its underemphasis on _____.

- A. environmental factors; biology and genetics
- B. environmental factors; free will and personal responsibility
- C. biology and genetics; thoughts and cognitive processes
- D. biology and genetics; social factors**

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

118. The perspective that tends to ignore mental processes because they are not directly observable is known as _____. In contrast, the perspective that acknowledges the importance of both the environment and internal mental processes in determining behaviour is known as _____.

- A. cognitive-behavioural; behavioural
- B. humanistic; cognitive
- C. behavioural; sociocultural
- D. behavioural; cognitive-behavioural**

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Hard

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

119. One way that the behavioural and sociocultural perspectives are similar is that both
- A. acknowledge the role of environmental factors in determining behaviour
 - B. emphasize that behaviour is almost entirely the product of genetics
 - C. focus on the joint impact of cognition and emotion in determining behaviour
 - D. claim that human behaviour is determined largely by unconscious forces

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Hard

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

120. Think back to the historical progression of psychology presented in the text. It is somewhat interesting to note that psychology has almost come full circle in terms of what it is focusing on. Psychologists have returned to focusing on an area of research that was a focus in psychology's infancy, but with more sophisticated tools and methods available to aid in their investigations. The area they have returned to research in is _____.

- A. mental events
- B. cultural factors
- C. rewards and punishments
- D. evolution

Accessibility: Keyboard Navigation

Blooms: Evaluate

Difficulty: Hard

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

121. With regard to human nature, which psychological perspective listed below takes the most deterministic view of human behaviour and assumes that our behaviours are mostly shaped by inner forces and conflicts?

- A. Psychodynamic
- B. Cognitive
- C. Humanistic
- D. Structuralism

Accessibility: Keyboard Navigation

Blooms: Evaluate

Difficulty: Hard

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

122. Of the perspectives listed below, which one assumes that people are the LEAST aware of the factors that actually influence their behaviours?

- A. Biological
- B. Cognitive
- C. Humanistic
- D. Psychodynamic**

Accessibility: Keyboard Navigation

Blooms: Evaluate

Difficulty: Hard

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

123. Both the psychodynamic and cognitive psychological perspectives are typically thought of as operating at

- A. the biological level of analysis
- B. the psychological level of analysis**
- C. the environmental level of analysis
- D. both the biological and environmental levels of analysis

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Medium

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

124. Understanding what brain regions are involved in experiencing the emotions operates at the _____ level of analysis.

- A. biological**
- B. psychological
- C. environmental
- D. sociocultural

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

125. What three levels of analysis allow us to integrate causal factors suggested by each of the six psychological perspectives?

- A. Biological, cognitive, sociocultural
- B. Biological, psychological, environmental**
- C. Biological, psychodynamic, environmental
- D. Psychological, cognitive, behavioural

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Medium

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

126. Factors that influence behaviour are organized into three levels of analysis. The level that focuses on mental processes and psychological motives, and how they influence behaviour, is called the _____ level.

- A. biological
- B. psychological**
- C. environmental
- D. sociocultural

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

127. In order to have a full and complete understanding of behaviour, we need to be able to

- A. move back and forth between different levels of analysis**
- B. focus most of our attention on the environmental and biological levels of analysis
- C. focus most of our attention on the psychological level of analysis
- D. pick any one of the three levels of analysis and apply it rigorously and thoroughly

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

128. Two people experience a violent earthquake. One person is mildly fazed by this event and copes well with it. The other person, who has a biological predisposition to anxiety, becomes very stressed after the event, has difficulty coping with it, and eventually gets ill. Because the effect of the earthquake differed, depending on whether the person had the predisposition of anxiety or not, this would be an example of

- A. introspection
- B. an interaction**
- C. insight
- D. the biological level of analysis

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-17 An Example: Understanding Depression

129. Which of the following factors associated with depression would NOT be classified at the biological level of analysis?

- A. Depressed people are more likely than non-depressed people to have relatives who are also depressed.
- B. Drugs that effectively treat depression appear to operate by restoring the balance of neurotransmitters.
- C. The biological rhythms associated with sleep tend to be disrupted in depressed individuals.
- D. Depressed people are more likely to have negative views of themselves and the world.**

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-17 An Example: Understanding Depression

130. A researcher who focuses on the negative thinking that often accompanies depression would be interpreting depression from which level of analysis?

- A. Biological
- B. Psychological**
- C. Environmental
- D. Biological and environmental

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-17 An Example: Understanding Depression

131. A person associated with the behavioural perspective would be most likely to mention the role of which of the following when attempting to explain the causes of depression?

- A. Negative or pessimistic patterns of thinking.
- B. Depressive personalities
- C. Non-rewarding environments**
- D. Chemical imbalances in neurotransmitters

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-17 An Example: Understanding Depression

132. A researcher who is concerned specifically with the management and analysis of data and the development of mathematical models of behaviour would most likely be in which specialty area of psychology?

- A. Quantitative**
- B. Clinical
- C. Industrial
- D. Physiological

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-04 Psychology Today

Topic: 01-19 Psychology Today

133. A clinical psychologist would do which of the following?

- A. Diagnose and treat psychological disorders
- B. Study all aspects of social behaviour
- C. Consult with clients concerning personal adjustment
- D. Examine behaviour in work settings

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-04 Psychology Today

Topic: 01-19 Psychology Today

134. A counselling psychologist would do which of the following?

- A. Diagnose and treat emotional disorders
- B. Study the basic processes of learning and memory
- C. Consult with clients concerning personal adjustment
- D. Study all aspects of social behaviour

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-04 Psychology Today

Topic: 01-19 Psychology Today

135. Which of the following statements regarding psychologists and psychiatrists is TRUE?

- A. Psychologists and psychiatrists both go to medical school.
- B. Psychologists and psychiatrists both go to graduate school in psychology.
- C. Psychologists go to graduate school in psychology, whereas psychiatrists go to medical school.
- D. Psychologists go to medical school, whereas psychiatrists go to graduate school in psychology.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-04 Psychology Today

Topic: 01-19 Psychology Today

136. An industrial/organizational (I/O) psychologist would do which of the following?

- A. Diagnose and treat emotional disorders
- B. Measurement and data analysis
- C. Study all aspects of social behaviour
- D.** Examine behaviour in work settings

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-04 Psychology Today

Topic: 01-19 Psychology Today

137. A developmental psychologist would do which of the following?

- A. Diagnose and treat psychological disorders
- B. Measurement and analysis
- C.** Study psychological phenomena across the life span
- D. Examine biological foundations of behaviour

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-04 Psychology Today

Topic: 01-19 Psychology Today

138. A social psychologist would do which of the following?

- A. Measurement and analysis of deviant behaviour
- B.** Study all aspects of social behaviour
- C. Examine biological foundations of behaviour
- D. Diagnose and treat emotional disorders

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-04 Psychology Today

Topic: 01-19 Psychology Today

139. A personality psychologist would do which of the following?

- A. Measurement and analysis of children's behaviour
- B. Diagnose and treat psychological disorders
- C. Consult with clients concerning personal adjustment
- D. Study individual differences in psychological phenomena**

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-04 Psychology Today

Topic: 01-19 Psychology Today

140. Each of the following is an example of "test-wiseness," EXCEPT

- A. answer the questions you know first and don't get bogged down on difficult questions
- B. organize your answers before you begin writing essay questions
- C. try to answer multiple choice questions yourself before you look at the alternatives
- D. don't change your first answer on multiple choice questions because it is usually correct**

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-04 Psychology Today

Topic: 01-19 Psychology Today

141. A college student, works a part-time job at the college cafeteria, and volunteers at the Student Centre. What task will help the student keep up his grades while balancing his job and volunteering activities as well?

- A. Catching up on weekends
- B. Staying up late everyday
- C. Not going out with friends
- D. Prioritizing**

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 01-04 Psychology Today

Topic: 01-19 Psychology Today

Chapter 01 Psychology: The Science of Behaviour

Multiple Choice Questions

1. Which of these concepts is most closely associated with psychodynamic therapy?
- A. individualism
 - B. self-actualization
 - C. behaviour modification
 - D. free association**
 - E. analytic introspection

Freud eventually treated his patients by using a technique called free association, in which the patient expressed any thoughts that came to mind.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour.

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

2. You are trying to decide where to eat lunch and reason that anywhere with a long lineup must have high demand, which probably means it has good food. You decide to eat somewhere with a long line, yet unfortunately don't consider the food to be very good. You come to realize the long lineup was probably actually related to their slow service, not the quality of their food. What mistake have you made?

- A.** failing to consider alternative explanations
- B. not using a control group
- C. did not rely on recommendations
- D. not conducting an experiment before developing a hypothesis
- E. falling victim to confirmation bias

Because many factors in real life may operate simultaneously to influence behaviour, we may fail to consider alternative explanations for why a behaviour has occurred and assume that one factor has caused it, when in fact some less obvious factor was the true cause (Elek et al., 2012; Lassiter et al., 2007).

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 01-01 The Nature of Psychology.

Topic: 01-02 Psychology's Scientific Approach

3. Justin is trying to decide which nutritional supplement he should buy if he wants to gain muscle mass as quickly as possible. He sees lots advertised online but isn't sure which ones actually work. From a scientific approach, Justin should make a decision about which one to buy based on

- A. what his friends use.
- B. what the trainers at the local gym suggest.
- C.** empirical evidence.
- D. what the people working out at the local gym use.
- E. price.

Empirical evidence is evidence gained through experience and observation, and this includes evidence from manipulating or "tinkering around" with things and then observing what happens (this is the essence of experimentation).

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Easy

Learning Objective: 01-01 The Nature of Psychology.

Topic: 01-02 Psychology's Scientific Approach

4. While reading a magazine, Jordan sees an advertisement that claims that a new weight loss pill will help anyone lose weight without exercising. The advertisement includes a picture of a woman when she was obese and another picture of her looking thin and fit. Though the pictures are very compelling, Jordan knows that she needs to examine advertisements critically. Which of the following questions *best* represents critical thinking?
- A. Why would this woman agree to be in this advertisement?
 - B. Is this woman a professional model?
 - C. What would my friends think about my taking a weight-loss pill?
 - D.** Are there other possible explanations for the woman's weight loss, other than the pill being advertised?
 - E. How much am I willing to pay for this kind of pill?

Critical thinking means evaluating the validity of something presented to you as fact (Levy, 2010; Vaughn, 2016).

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Hard

Learning Objective: 01-01 The Nature of Psychology.

Topic: 01-03 Thinking Critically about Behaviour

5. Temira tells her roommate, Carmella, that she recently read that people who paint their rooms blue get better grades. Carmella knows that painting their room will be a lot of work. Therefore, she asks Temira where she got her information and what evidence her sources had for their conclusion. She also wonders if there might not be another reason that people with blue rooms have higher grades—for example, maybe smart people prefer the colour blue. What skill is Carmella using?

- A. basic research
- B. applied research
- C. critical thinking**
- D. behaviourism
- E. heuristic-based judgment

Carmella is right, it's important to reflect on what that information means, how it fits in with your experiences, and its implications for your life and society Franco, Butler, & Halpern, 2015). Critical thinking also means evaluating the validity of something presented to you as fact (Levy, 2010; Vaughn, 2016).

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-01 The Nature of Psychology.

Topic: 01-03 Thinking Critically about Behaviour

6. You overhear two people arguing about whether or not a given actor is talented. The first person says they spent all night finding examples of movies that actor has appeared in which they consider to be great. The second person considers the list and, while agreeing all those movies are great, points out there are far more movies that actor has been featured in that are absolutely terrible. The second person admits they didn't spend any time considering examples of their bad acting. What kind of faulty thinking does this example demonstrate?

- A. familiarity bias
- B. heuristics
- C. mental shortcuts
- D. distractor devaluation
- E.** confirmation bias

Once our beliefs are established, we often fail to test them further. In this vein, we tend to display a confirmation bias by selectively paying attention to information that is consistent with our beliefs and downplaying or ignoring information that is inconsistent with them (Hart et al., 2009; Mendel et al., 2011; Westerwick et al., 2017).

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 01-01 The Nature of Psychology.

Topic: 01-02 Psychology's Scientific Approach

7. Jane Goodall created one of the most trailblazing studies of primates in modern times when she dwelled with Tanzanian chimps to observe their behavior. Dr. Goodall's goal was to _____ chimps' behaviour.

- A.** describe
- B. explain and understand
- C. predict
- D. influence or control
- E. replicate

Dr. Goodall was focused on *describing* how chimps behaved.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-01 The Nature of Psychology.

Topic: 01-04 Psychology's Goals

8. Wynda is interested in understanding how to design control panels for consumer products (computers, cars, etc.) in such a way that they are as easy and intuitive to use as possible.

Which type of research should Wynda pursue?

- A. observable
- B. applied**
- C. basic
- D. consumer
- E. sociocultural

Applied research is designed to solve specific practical problems.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 01-01 The Nature of Psychology.

Topic: 01-05 Psychology as a Basic and Applied Science

9. Which of these is not one of the primary levels of analysis discussed in your textbook?

- A. biological
- B. psychological
- C. environmental
- D. descriptive**
- E. All of the above are examples of the levels of analysis discussed in your textbook.

Levels of analysis is a framework that examines behaviour and its causes at three levels: the biological level (e.g., brain processes, genetic influences), the psychological level (e.g., our thoughts, feelings, and motives), and the environmental level (e.g., past and current physical and social environments to which we are exposed).

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-01 The Nature of Psychology.

Topic: 01-06 Psychology's Broad Scope: A Simple Framework

10. Astrid's friend Evan is taking a psychology course. He tells her all about Sigmund Freud's psychodynamic perspective, John Watson's behavioural perspective, and Abraham Maslow's humanistic perspective. Astrid becomes frustrated, because some of the perspectives seem to say the same thing, just in different ways. "What's the point of all the different perspectives?" she asks Evan. "Why not use just one?" Evan should tell her that

- A.** psychology has diverse historical roots, and different groups of psychological professionals emphasize different aspects of human behaviour.
- B. the problem is primarily a political one, and since psychology is a relatively new science, the politics haven't been worked out yet.
- C. there's really no reason that anyone can point to; the different perspectives are just tradition, and psychology strongly values its own traditions.
- D. all the different perspectives are actually subsets of mind-body dualism.
- E. the different perspective are all merely of historical interest and, in fact, modern psychologists do only rely on a single perspective for research purposes.

Psychology has roots in varied disciplines as philosophy, medicine, and the biological and physical sciences. As a result, different ways of viewing people, called perspectives, became part of psychology's intellectual traditions.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour.

Topic: 01-07 Perspectives on Behaviour

11. The modern problem of the relationship of mind to body stems from the thought of René Descartes, a 17th-century French philosopher and mathematician, who gave _____ its classical formulation. Beginning from his famous *Cogito, ergo sum* (Latin: "I think, therefore I am").

- A. monism
- B. empiricism
- C. evolutionary theory
- D. dualism**
- E. cognitive psychology

Although Descartes placed the mind within the brain, he maintained that the mind was a spiritual, nonmaterial entity. *Dualism* implies that no amount of research on the physical body (including the brain) could ever hope to unravel the mysteries of the nonphysical mind.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour.

Topic: 01-08 Psychology's Intellectual Roots

12. Sometimes we can feel our heart rate increase when we think about stressful things. Other times we may notice our heart starts beating more rapidly in response to some stimuli (e.g. while watching a scary movie) and attribute the change to fear. These examples demonstrate the concept of _____.

- A. mindfulness
- B. behavioural counterpoints
- C. cardio synchrony
- D. reciprocal effects
- E. mind–body interactions**

Mind–body interactions refer to the bidirectional relationship between mental processes in the brain and the functioning of other bodily systems.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 01-01 The Nature of Psychology.

Topic: 01-06 Psychology's Broad Scope: A Simple Framework

13. After encountering a number of patients who had physical problems without any apparent physical cause, Sigmund Freud reasoned that the causes must be psychological and beyond his patients' conscious awareness. For example, one of his patients, a woman named Anna O., sometimes developed paralysis in her limbs, even though there was nothing physically wrong with her. Based on his observations, Freud eventually developed a theory he called psychoanalysis. What was Freud actually analyzing?

- A. internal, mostly unconscious psychological forces
- B. physical causes of psychological problems
- C. how the environment is constantly affecting our behaviour
- D. how people find ultimate meaning in their lives
- E. evidence-based practices for maximizing happiness

Although most contemporary psychological scientists reject Freud's particular version of the unconscious mind, modern psychological research has identified brain mechanisms that produce unconscious emotional reactions and has shown that many aspects of information processing occur outside of awareness (Bargh & Morsella, 2010; LaBar & LeDoux, 2006).

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour.

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

14. Imagine that you are renovating your kitchen. You begin by deciding on all of the individual features you want, reasoning that if you choose the best option in each category (appliances, cabinets, tiles, etc.) it will result in the best possible kitchen for you. Your friend suggests it is important to consider how all the individual pieces come together because some things work better/worse than others in combination (e.g. a large dining room table may not work well without a large enough kitchen). This idea relates to a phrase that is commonly associated with which school of thought?

- A. psychodynamic
- B. behavioural
- C. cognitive
- D. humanistic
- E. gestalt**

Gestalt psychology examined how the mind organizes elements of experience into a unified or "whole" perception ("Gestalt" roughly translates as "whole" or "organization"). They argued that perceptions are organized so that "the whole is greater than the sum of its parts."

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 01-02 Perspectives on Behaviour.

Topic: 01-13 The Cognitive Perspective: The Thinking Human

15. Dr. Mateo believes that every child is born a blank slate. Children's early environments shape their personalities, though the children may be continually affected by their environments as they grow. Everything comes down to a simple principle in Dr. Mateo's mind: If our behaviours are followed by satisfying consequences, we will repeat them, and if the consequences are unsatisfying, we won't repeat them. Dr. Mateo is probably a _____ therapist.

- A. psychodynamic
- B. behavioural**
- C. cognitive
- D. humanistic
- E. gestalt

Behaviourism, a school of thought that emphasizes environmental control of behaviour through learning, began to emerge in 1913. John B. Watson (1878-1958), a founder, said, "Give me a dozen healthy infants, well-formed, and my own specialized world to bring them up in and I'll guarantee you to take any one of them at random and train him to become any type of specialist I might select".

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour.

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

16. Dewayne is taking a psychology class. He isn't really interested in discussions about the unconscious, childhood influences, or the way different structures in the brain work. Instead, he is interested in the purpose of certain psychological mechanisms. For example, he wonders why we feel disgusted by a food that made us sick or why some emotions are the same all over the world but others aren't. Dewayne is thinking most like a

- A. monist.
- B. British empiricist.
- C. structuralist.
- D. functionalist.**
- E. dualist.

Remember that structuralists attempted to identify the basic elements of consciousness, while functionalists explored the purposes of consciousness.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour.

Topic: 01-09 Early Schools: Structuralism and Functionalism

17. Chloe is interested in better understanding how her mental processes work. She reflects on the internal processes taking place and records them in her journal. Chloe is _____, the same approach the _____ used.

- A. using introspection; structuralists**
- B. exploring biological processes; functionalists
- C. exploring unconscious processes; psychoanalysts
- D. emphasizing her own tendencies toward growth; humanists
- E. relying on self-report; behaviourists

Structuralists attempted to identify the basic elements of consciousness. In their experiments, structuralists used the method of *introspection* ("looking within") to study sensations, which they considered the basic elements of consciousness. They exposed participants to all sorts of sensory stimuli—lights, sounds, tastes—and trained them to describe their inner experiences.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour.

Topic: 01-09 Early Schools: Structuralism and Functionalism

18. Latisha believes that when human beings are born their potential is unlimited. She also believes in the influence of nurture and rejects the idea of nature. In fact, she thinks that by controlling children's environments very carefully, she can train them to be anything she wants them to be. The psychological perspective she would probably agree with most is A. behaviourism.
- B. humanism.
 - C. cognitive.
 - D. psychodynamic.
 - E. behavioural neuroscientist.

Behaviourism, a school of thought that emphasizes environmental control of behaviour through learning. John B. Watson (1878-1958), a founder, said, "Give me a dozen healthy infants, well-formed, and my own specialized world to bring them up in and I'll guarantee you to take any one of them at random and train him to become any type of specialist I might select".

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour.

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

19. After Liang has gone on three or four dates with the same person, he finds himself coming up with reasons why he doesn't like her. He has done this with everyone he has dated since his parents were divorced two years ago. He tells himself that his parents' divorce has nothing to do with his own behaviour and tells his friends that he simply is yet to meet a woman who meets his standards. A psychodynamic therapist might say that Liang
- A.** is unconsciously using defense mechanisms to avoid anxiety related to dating and romantic attachments.
 - B. obviously experienced a traumatic loss of some kind before the age of seven.
 - C. probably had severe problems with dating during adolescence.
 - D. is secretly trying to show his parents what it felt like to have them break up and become single.
 - E. is repeating behaviour that had been previously reinforced.

Although most contemporary psychological scientists reject Freud's particular version of the unconscious mind, modern psychological research has identified brain mechanisms that produce unconscious emotional reactions and has shown that many aspects of information processing occur outside of awareness (Bargh & Morsella, 2010; LaBar & LeDoux, 2006).

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 01-02 Perspectives on Behaviour.

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

20. The concept of Tabula Rasa is most similar to ____.
- A.** a hard drive with nothing on it (i.e. is completely empty)
 - B. a full hard drive (i.e. with no free space left)
 - C. a hard drive that is half full
 - D. a downloaded file
 - E. the text within an email message

According to the early empiricist John Locke, at birth the human mind is a tabula rasa—a "blank tablet" or "slate"—upon which experiences are written. In this view, human nature is shaped purely by the environment.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 01-02 Perspectives on Behaviour.

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

21. How, according to the British empiricists, was knowledge acquired?

- A. through observation
- B. through oral tradition
- C. through intuition
- D. through divination
- E. through consensus

The school of British empiricism held that all ideas and knowledge are gained empirically—that is, through the senses. According to empiricists, observation is a more valid approach to knowledge than is pure reason, because reason is fraught with the potential for error.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 01-02 Perspectives on Behaviour.

Topic: 01-08 Psychology's Intellectual Roots

22. Kalinda has been having trouble with her college classes. Each time a professor announces an assignment, she worries that she won't do it right. Every time she takes a test, she worries that she hasn't studied the right things. When her friends notice that she's been acting depressed and ask if she's all right, she tells them she can't do anything right. To help her, a cognitive therapist would probably suggest that Kalinda

- A. consider the validity of her beliefs, because they are affecting her ability to function successfully.
- B. figure out what her meaning in life is to get her back on track with her schoolwork.
- C. examine all the parts of her life so she can see her problems at school in the context of her whole life.
- D. use free association to explore long-forgotten childhood experiences and traumas.
- E. use analytic introspection to identify what sensations lead to those perceptions.

In the 1960s, behaviourism inspired powerful techniques known collectively as **behaviour modification or cognitive behaviourism**. These techniques, aimed at decreasing problem behaviours and increasing positive behaviours by manipulating environmental factors, are still used widely today (Eldevik et al., 2010; Miltenberger, 2016).

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour.

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

23. Which of these effects of stress reflect examples that would be likely to be studied from the psychological level of analysis?

A. change in heart rate

B. change in sweating

C. concerns about making a mistake

D. genetic susceptibility to stress

E. all of these options reflect effects that would be likely to be studied at the psychological level of analysis

At the biological level of analysis, we can study behaviour and its causes in terms of brain functioning, hormones, and genetic factors shaped over the course of evolution. At the psychological level of analysis, we might look to the cognitive perspective and analyze how thought, memory, and planning influence behaviour. Borrowing from the psychodynamic and humanistic perspectives, we can examine how motives and personality traits influence behaviour. Finally, at the environmental level of analysis, the behavioural and sociocultural perspectives lead us to examine how stimuli in the physical and social environment shape our behaviour, thoughts, and feelings.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives.

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

24. Yvette has been struggling to decide which major she wants to declare. She has asked her friends and family for advice, but their answers have just confused her more. Finally, she decides to see a therapist. Rather than giving her more advice, her therapist says it's all right for her to struggle with these kinds of questions, and that all people have an internal force that moves us toward self-actualization. What does this mean?

- A. Our behaviours are actually affected by what we have learned, and when we're stuck, it's time to learn something new.
- B.** We have an innate tendency to grow and reach our own individual potential; we each have to find our own meaning, and the therapist will support the process.
- C. Our brains are a lot like computers, and the best way to see what's going on inside Yvette's mental computer is doing an actual scan of her brain.
- D. We all started out as blank slates, but our environments have made us into who we actually are; if we pay attention, our environments will tell us what's best.
- E. Gaining awareness of our strengths and weaknesses.

Self-actualization **is** the reaching of one's individual potential. Humanists emphasized the importance of personal choice, responsibility, personality growth, and positive feelings of self-worth. To humanists, the meaning of our existence resides squarely in our own hands.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Hard

Learning Objective: 01-02 Perspectives on Behaviour.

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

25. To explain cognitive processes in psychology to a friend, Samira uses a computer metaphor, saying the brain takes information in, processes it, stores it, and retrieves it. This same metaphor was used by scientists in the 1950s, 60s, and 70s, a time that is sometimes referred to as

- A. the Victorian era.
- B. the positive psychology movement.
- C. social constructivism.
- D.** the cognitive revolution.
- E. the rise of behaviourism.

Psychologists' interest in mental processes swelled by the 1960s and 1970s—a period that sometimes is referred to as the cognitive revolution.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour.

Topic: 01-13 The Cognitive Perspective: The Thinking Human

26. Gary is depressed and unenthusiastic about his classes and worries that he has chosen the wrong major. At the suggestion of a friend, he goes to see a therapist. To his surprise, Dr. Takeri is not interested in Gary's relationship with his mother, his family history, or anything else about Gary's past. Instead, Dr. Takeri focuses on what Gary is currently thinking and how he interprets those thoughts. Dr. Takeri conducts therapy from a _____ perspective.

- A. psychoanalytic
- B. behaviourist
- C. humanistic
- D.** cognitive
- E. functionalist

Cognitive psychologists study the processes by which people reason, make decisions, solve problems, form perceptions, and produce and understand language. Many, such as Elizabeth Loftus, study memory and factors that distort it.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour.

Topic: 01-13 The Cognitive Perspective: The Thinking Human

27. Thuy emigrated to Canada with her parents when she was a year old. Her parents still speak Vietnamese, practice Confucianism, and eat rice with most meals. They have decorated their home with woodcuts, lacquered art, and sculptures of pagodas. Thuy, however, speaks Vietnamese only with her parents, attends a Canadian church, eats a wide variety of foods, and has decorated her apartment with movie posters, impressionist paintings, and pictures of her friends at amusement parks. Based on this information, we can say that Thuy

- A. has an unconscious need to abandon her parents' culture.
- B.** has been socialized into Canadian culture.
- C. was influenced in her decisions by classic evolutionary principles.
- D. has a different brain chemistry from the Vietnamese friends she left behind.
- E. is confused.

Socialization is the process by which culture is transmitted to new members and internalized by them.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour.

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

28. Seiji refers to himself as a Japanese American. Seiji's Japanese parents want him to become a medical doctor. They say that this profession would bring honour to their family and allow him to choose a wife from a good family. Seiji, however, would like to be an actor. He doesn't enjoy his biology classes and is more interested in loving his job than in making a lot of money. If Seiji chooses to do what feels best to him; that is, to pursue an acting career, we can say that he

- A.** is relying on the values of his individualistic culture.
- B. is relying on the values of his collectivist culture.
- C. is being influenced by behavioural genetics.
- D. unconsciously wishes to be a medical doctor.
- E. is being influenced by his ego.

Individualism, an emphasis on personal goals and self-identity based primarily on one's own attributes and achievements. North Americans, who tend to both more individualistic and less collectivistic than individuals in most cultures.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour.

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

29. Ramesh has come to Canada from India to seek his college degree. When he is a senior, his parents tell him that they have arranged his marriage to a young woman named Nalini. They provide him with a detailed description of her personality and goals in life, and she seems to have all the qualities Ramesh would like in a wife. Ramesh tells his parents he will marry her. Ramesh's Canadian friends tell him he is crazy to consider marrying someone he has never met, but Ramesh says that he is from a/an _____ culture and that

- A. collectivistic; means that he tells his parents the exact opposite of what he really means.
- B. individualistic; arranged marriages are common in his culture.
- C.** collectivistic; not all cultures see love as an essential prerequisite for marriage.
- D. individualistic; his family's goals are his goals.
- E. individualistic; not all cultures see love as an essential prerequisite for marriage.

Many Asian, African, and South American cultures nurture *collectivism*, in which individual goals are subordinated to those of the group and personal identity is defined largely by the ties that bind one to the extended family and other social groups.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour.

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

30. Skye has been having problems with depression. She doesn't have health insurance to see a doctor, but she sees an advertisement for a study being done at the local university. When she meets with one of the scientists, he tells her that the study will require her to have several PET scans. The first one will be done before she takes any medication for her depression, and the rest will be done at regular intervals both while she is taking an antidepressant and after she no longer needs to take an antidepressant. The researchers doing this study are probably
- A. evolutionary psychologists.
 - B. cognitive psychologists.
 - C. geneticists.
 - D.** behavioural neuroscientists.
 - E. functionalists.

Behavioural neuroscientists use positron- emission tomography (PET) scans to measure brain activity as people perform various tasks.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour.

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

31. Talia has been having anxiety attacks. She meets with Dr. Eisenbein, who explains that our brain chemistry often affects how we feel. Dr. Eisenbein suggests that Talia try taking a medication called Zoloft. Talia goes home to do some research on the Internet. She learns that the brain chemicals to which Dr. Eisenbein is referring are called
- A. genetics.
 - B. endorphins.
 - C.** neurotransmitters.
 - D. monistic chemicals.
 - E. hormones.

Psychologists have had a long-standing interest in behaviour genetics, the study of how behavioural tendencies are influenced by genetic factors (Jaffee, Price, & Reyes, 2013; Plomin & Haworth, 2009).

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour.

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

32. Selma and Nissa were both adopted. Their ages are one year apart. Their parents worked hard to treat them both the same. However, now that they are in college, they seem very different. Selma volunteers at the local hospital, plays several team sports, and plans to become a pediatrician. Nissa enjoys painting in her studio, taking historical tours, and practicing yoga. She hopes to become an art restoration specialist. Which area of psychology would best explain the differences between Selma and Nissa?

- A. evolutionary
- B. psychodynamic
- C. cognitive behaviourism
- D.** behavioural genetics
- E. Gestalt

Psychologists have had a long-standing interest in behaviour genetics, the study of how behavioural tendencies are influenced by genetic factors (Jaffee, Price, & Reyes, 2013; Plomin & Haworth, 2009).

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Easy

Learning Objective: 01-02 Perspectives on Behaviour.

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

33. For a clinician who considers themselves to be a cognitive behaviorist, which of these components would be least likely to be considered relevant?

- A. thoughts
- B. expectations
- C. patterns of behaviour
- D.** unconscious psychological forces
- E. the environment

In cognitive behaviourism, learning experiences and the environment affect our behaviour by giving us the information we need to behave effectively (Bandura, 1969, 2002).

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour.

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

34. Two early humans go hunting for food. They have comparable intelligence. Brawn is strong and fast; Timorous is scrawny and easily tired by vigorous exercise. The men are attacked by a panther. They both run, but Timorous lags behind and is killed by the panther. The panther then chases and overcomes Brawn, who manages to fight off the panther and escape. Brawn passes his strength and speed on to many children; Timorous had only one child before he died. What process is responsible for Brawn's having more offspring than Timorous?

- A.** natural selection
- B. behavioural neuroscience
- C. humanism
- D. social constructivism
- E. a self-fulfilling prophecy

Through natural selection, adaptations to new environmental demands contributed to the development of the brain, just as brain growth contributed to the further development of human behaviour.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-02 Perspectives on Behaviour.

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

35. Today, stress-related diseases like stroke, heart attack, and cancer are more likely to kill people than are communicable diseases like influenza, tuberculosis, and syphilis. Researchers argue that this is because our bodies are not prepared to deal with the constant demands of modern life: noise, pollution, endless daily decisions, and pressures to look more attractive, make more money, and buy more things. What is the best evolutionary explanation for why we are not prepared to handle modern stressors?

- A. Our ancestors did not have any stressors at all in their lives.
- B. All evolutionary research emphasizes the body and not the brain, and stress is mostly mental and emotional.
- C.** Evolution prepared our bodies to deal with short-term stressors like fighting off an enemy or running away but not constant, long-term pressures.
- D. Our ancestors had fewer sex differences, which made relationships much easier to handle.
- E. Our ancestors had more sex differences, which made relationships much easier to handle.

Evolutionary psychologists also attempt to explain human social behaviour. The notion that evolutionary pressures have stimulated the development of brain mechanisms that allow us to learn, think, reason, and socialize more effectively is generally accepted today.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 01-02 Perspectives on Behaviour.

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

36. Steve is working toward a career in investment banking. Although he dates interesting women, marriage is not one of Steve's goals. He is content to remain single and has no interest in having children. His parents are so upset by his lack of "paternal instinct" that he has been ostracized from his family. Steve's co-workers think he will change his mind and want children eventually. If we look at the three levels of analysis, we can say that the pressures from Steve's family fall at the _____ level.

- A. biological
- B. psychological
- C. environmental**
- D. interaction
- E. evolutionary

At the *environmental level of analysis*, the behavioural and sociocultural perspectives lead us to examine how stimuli in the physical and social environment shape our behaviour, thoughts, and feelings.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives.

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

37. A number of people in Toshi's family struggle with anxiety attacks. He has been fortunate in that he has never had a problem with anxiety. However, when his parents suddenly announce that they are going to be divorced, Toshi is shocked and upset. A week later, sitting in class, he has his first anxiety attack. If we use the three levels of analysis, we can say that Toshi's anxiety is

- A. primarily a biological problem.
- B. primarily a psychological problem.
- C. primarily an environmental problem.
- D. due to an interaction among all three levels.**
- E. primarily a perception problem.

Psychology's six major perspectives (presented in the order we discussed them) provide differing conceptions of human nature. Fortunately, we can distill their essence into the simple three-part framework: biological, psychological, and environmental levels.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives.

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

38. Which of these influences on behaviour would be most likely to be investigated by researchers operating from the cognitive perspective?

- A. unconscious motives
- B. free will
- C. memory**
- D. social forces
- E. genetic and evolutionary factors

Coming from the cognitive perspective, researchers might analyze how thought, memory, and planning influence behaviour.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives.

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

39. David loves reading about what motivates employees, how companies choose job applicants, and how machines are designed around human capabilities. If David chooses to pursue an advanced degree in psychology, the best fit is probably

- A. clinical psychology.
- B. quantitative psychology.
- C. industrial/organizational psychology.**
- D. developmental psychology.
- E. qualitative psychology.

Industrial/organizational psychology refers to examination of behaviour in work settings; study of factors related to employee morale and performance; development of tests to select job applicants; and development of machines and tasks to fit human capabilities.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 01-04 Psychology Today.

Topic: 01-19 Psychology Today

40. Julie wants to earn good grades in college. She carefully schedules time to study, but every time she sits down she realizes how messy her dorm room is, she can hear other people talking down the hall, or she is distracted by the television. Which of the following would a behaviourist tell Julie to do first?

- A.** Study in a quiet corner of the library on campus.
- B. Outline the points she wants to study.
- C. Identify why it is she really does not want to succeed.
- D. Analyze her dreams for insight into how to handle her problem.
- E. Attempt to relate the problem back to a childhood trauma.

Where you study can make a difference. Choose a place where you can concentrate and where there are no distracting influences. Most students can study better in a quiet library than in front of a TV or in the middle of a Student Union cafeteria.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 01-04 Psychology Today.

Topic: 01-19 Psychology Today

41. You are about to start a co-op placement with an independent consumer electronics retailer to find ways to improve the experience of their customers. They ask you to design some surveys that will assess what thoughts customers have about their shopping experience in the store as it currently is for the ultimate purpose of understanding how they may be able to rearrange the store to improve the shopping experience. Their primary concern is therefore finding evidence-based recommendations to increase customer satisfaction so as to bring people into the store more often. What major category of research would this be considered to fall under?

- A. real-world
- B. basic research
- C. advanced research
- D.** applied research
- E. commercial research

A distinction is sometimes made between **basic research**, the quest for knowledge purely for its own sake, and **applied research**, which is designed to solve specific practical problems.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Easy

Learning Objective: 01-01 The Nature of Psychology.

Topic: 01-05 Psychology as a Basic and Applied Science

42. You are about to start a co-op placement with an independent consumer electronics retailer to find ways to improve the experience of their customers. They ask you to design some surveys that will assess what thoughts customers have about their shopping experience in the store as it currently is for the ultimate purpose of understanding how they may be able to rearrange the store to improve the shopping experience. Their primary concern is therefore finding evidence-based recommendations to increase customer satisfaction so as to bring people into the store more often. Which of the four goals of psychology is this study ultimately designed to address?

- A. describe
- B. explain and understand
- C. integrate
- D. predict
- E.** influence or control

One of the four central goals of psychology is to influence or control behaviour through knowledge and control of it's causes.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Easy

Learning Objective: 01-01 The Nature of Psychology.

Topic: 01-04 Psychology's Goals

43. You are about to start a co-op placement with an independent consumer electronics retailer to find ways to improve the experience of their customers. They ask you to design some surveys that will assess what thoughts customers have about their shopping experience in the store as it currently is for the ultimate purpose of understanding how they may be able to rearrange the store to improve the shopping experience. Their primary concern is therefore finding evidence-based recommendations to increase customer satisfaction so as to bring people into the store more often. What level(s) of analysis could this study be said to be focused on?

- A. psychological
- B. environmental
- C. biological
- D. psychological and environmental**
- E. environmental and biological

Behaviour and its causes can be examined at the *biological level* (e.g., brain processes, genetic influences), the *psychological level* (e.g., our thoughts, feelings, and motives), and the *environmental level* (e.g., past and current physical and social environments to which we are exposed). The environmental level is relevant for understanding how rearranging the store might change behaviour, while the psychological level is relevant for understanding how people think and feel about their shopping experience.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 01-01 The Nature of Psychology.

Topic: 01-06 Psychology's Broad Scope: A Simple Framework

44. William is interested in understanding how memory works. Specifically, he is fascinated by the fact that we seem to have so much difficulty remembering things that we intend to (e.g. material we're studying for an exam), while at other times seem unable to forget things that we have no intention of remembering and indeed may actually prefer to forget (e.g. past failures). He decides to join a lab at his University that studies memory to explore this interest. He discovers that several labs are studying memory, yet each one is approaching the topic slightly differently. One of the labs is studying memory from the *biological* level of analysis. Which of these factors would that lab be most likely to investigate, in terms of how they relate to memory?

- A. a birth in your family
- B. learning a second language
- C. neurotransmitter activity**
- D. self-reported changes in mood
- E. the role positive thinking can play in improving your memory

Behaviour and its causes can be examined at the *biological level* (e.g., brain processes, genetic influences). Of special interest are certain chemicals, known as *neurotransmitters*, which are involved in the transmission of nerve impulses within the brain.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Easy

Learning Objective: 01-01 The Nature of Psychology.

Topic: 01-06 Psychology's Broad Scope: A Simple Framework

45. William is interested in understanding how memory works. Specifically, he is fascinated by the fact that we seem to have so much difficulty remembering things that we intend to (e.g. material we're studying for an exam), while at other times seem unable to forget things that we have no intention of remembering and indeed may actually prefer to forget (e.g. past failures). He decides to join a lab at his University that studies memory to explore this interest. He discovers that several labs are studying memory, yet each one is approaching the topic slightly differently. One of the labs is studying memory from the *psychological* level of analysis. Which of these factors would that lab be most likely to investigate, in terms of how they relate to memory?

- A. genetic contributions
- B. self-reported changes in motivation**
- C. moving to a new city
- D. hormonal fluctuations
- E. the neurological mechanisms that support memory

Behaviour and its causes can be examined at the *psychological level* (e.g., our thoughts, feelings, and motives), which would include self-reported measures of internal states like motivation.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-01 The Nature of Psychology.

Topic: 01-06 Psychology's Broad Scope: A Simple Framework

46. William is interested in understanding how memory works. Specifically, he is fascinated by the fact that we seem to have so much difficulty remembering things that we intend to (e.g. material we're studying for an exam), while at other times seem unable to forget things that we have no intention of remembering and indeed may actually prefer to forget (e.g. past failures). He decides to join a lab at his University that studies memory to explore this interest. He discovers that several labs are studying memory, yet each one is approaching the topic slightly differently. One of the labs is studying memory from the *environmental* level of analysis. Which of these factors would that lab be most likely to investigate?

- A. unconscious conflicts that may be impairing memory
- B. history of neurological problems that run in families
- C. the role negative thinking can play in impairing memory
- D. neurotransmitter activity

E. The way that being in certain familiar places can remind you of certain memories, which may be more difficult to recall while away from those familiar places.

Behaviour and its causes can be examined at the *environmental level* (e.g., past and current physical and social environments to which we are exposed). This would include the effects being in particular locations can have on memory.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 01-01 The Nature of Psychology.

Topic: 01-06 Psychology's Broad Scope: A Simple Framework

Chapter 01 Psychology: The Science of Behaviour

True / False Questions

1. The goal of basic research is simply to learn more about something, while applied research is typically done to solve some real world problems.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-04 Psychology's Goals

2. One goal of psychology is being able to predict how animals or people will behave under specific circumstances.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-04 Psychology's Goals

3. Research has shown that the most important psychological perspective for understanding human behaviour is the biological perspective.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-06 Psychology's Broad Scope: A Simple Framework

4. The dualism position assumes that the mind and body are one, while the monism position asserts that the mind is in fact separate from the body.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-06 Psychology's Broad Scope: A Simple Framework

5. A criticism of the sociobiology approach is that it places too much emphasis on cultural factors.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

6. Behaviourgenetics is the study of how evolution shaped modern human behaviour.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

7. The cognitive psychological perspective views human beings as information processors who think, plan, and solve problems.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

8. Structuralists were concerned with breaking human consciousness down into its essential components, whereas Gestalt psychologists were interested in how the elements of experience are organized into wholes.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

9. One of the intellectual precursors to the cognitive revolution was the debate over how children acquire language.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

10. Cognitive neuroscience involves the intersection of the cognitive perspective with the biological perspective by combining brain- imaging techniques while individuals engage in cognitive tasks.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

11. Sigmund Freud first thought that his patients were creating fantasies about being sexually abused as children, but he later revised this view and stressed that he believed these reports to be real and accurate.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

12. Psychoanalysis is the analysis of internal and primarily unconscious psychological forces.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

13. One of the strengths of Sigmund Freud's psychoanalytic theory is that his concepts are relatively easy to assess and measure.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

14. The thinking of functionalists like William James was strongly influenced by Darwin's evolutionary theory.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

15. The behavioural psychological perspective is rooted in the work of structuralist Wilhelm Wundt.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

16. The humanistic psychological perspective emphasizes free will and innate human tendencies towards growth.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

17. Positive psychology movement was discussed in the context of the behavioural perspective.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

18. Collectivistic cultures place a strong emphasis on personal goals and accomplishments.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

19. If a researcher is studying norms then that individual is most likely taking a humanistic perspective to studying psychology.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

20. A psychologist who emphasizes the importance of early childhood experiences and unconscious factors would likely be associated with the cognitive-behaviourism psychological perspective.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

21. The behavioural psychological perspective typically operates at the environmental level of analysis.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

22. An interaction is when the presence or strength of one factor can influence the effect of another factor.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-18 Summary of Major Themes

23. Regarding research on depression, it is generally assumed that the biological level of analysis is the most useful in terms of shedding light on the disorder.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-17 An Example: Understanding Depression

24. The field of psychology tends to favour the use of direct observation over reasoning as a means of gaining knowledge about behaviour.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-02 Psychology's Scientific Approach

25. Although psychology courses have been taught in Canada since the early 1900s, the earliest independent Psychology Department at a Canadian university was not created until 1924 at McGill University.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-04 Psychology Today

Topic: 01-19 Psychology Today

26. The training and practice of psychiatrists is, for all intents and purposes, the same as that of psychologists who perform mental-health services.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-04 Psychology Today

Topic: 01-19 Psychology Today

27. The three important guidelines for effective time management are using written schedules, prioritizing, and constantly monitoring your progress.

TRUE

Accessibility: Keyboard Navigation
Blooms: Remember
Learning Objective: 01-04 Psychology Today
Topic: 01-19 Psychology Today

28. Psychology can be defined generally as the scientific study of the mind.

FALSE

Accessibility: Keyboard Navigation
Blooms: Remember
Learning Objective: 01-01 The Nature of Psychology
Topic: 01-01 The Nature of Psychology

Multiple Choice Questions

29. According to the text, psychology is defined as the

A. study of people's subjective mental lives

B. study of behaviour and the mind

C. examination of unconscious factors

D. study of personality

Accessibility: Keyboard Navigation
Blooms: Remember
Learning Objective: 01-01 The Nature of Psychology
Topic: 01-01 The Nature of Psychology

30. When using the term "behaviour," psychologists mean
- A.** overt actions that can be directly observed
 - B. overt actions and inner mental processes such as thoughts and feelings
 - C. overt actions and physiological reactions
 - D. overt actions, inner mental processes, or physiological reactions

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

31. Alex is friendly and outgoing, always having a kind word for everyone. Through observing his behaviour, we can make inferences about his _____.
- A. mental processes
 - B.** internal state
 - C. future thoughts
 - D. external responses

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-02 Psychology's Scientific Approach

32. Karen is interested in how the presence of other people influences an individual's performance on cognitive tasks, like written tests, compared to motor tasks, like jump rope. Karen's research would likely fall into which subfield of psychology?
- A. Experimental
 - B. Personality
 - C.** Social
 - D. Cognitive

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-04 Psychology Today

Topic: 01-19 Psychology Today

33. Which level of analysis would someone in the subfield of personality psychology tend to take?

- A. Biological level
- B. Psychological level**
- C. Environmental level
- D. Structural level

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-01 The Nature of Psychology

Topic: 01-06 Psychology's Broad Scope: A Simple Framework

34. Which of the following statements about basic and applied research is true?

- A. Basic research is less complex and less sophisticated than applied research.
- B. Basic research is done to solve practical problems while applied research is done simply to increase knowledge.
- C. Basic research is done simply to increase knowledge while applied research is done to solve practical problems.**
- D. Basic research and applied research have the same goals but are completed by different researchers.

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-05 Psychology as a Basic and Applied Science

35. Dr. Adams is a psychologist who works in the area of animal behaviour. She has a particular interest in crows, and her research is mostly aimed at gaining more information about the behaviours of these birds, such as their mating habits, eating rituals, and so on. Dr. Adams's research is best described as
- A. Applied research
 - B. Basic research**
 - C. Insight research
 - D. Interaction research

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-05 Psychology as a Basic and Applied Science

36. Dr. Kohler is a developmental psychologist who studies children involved in sports. He looks at problems like overly critical coaches and children with low self-esteem. He conducts research where coaches are observed during games and children are interviewed about their attitudes towards their sport and their coaches. The results from these observations are then used to create an education program for the coaches. The programs are designed to change coaching behaviour and to help increase the self-esteem of the children they coach. Dr. Kohler's research is best described as
- A. basic research
 - B. applied research**
 - C. insight research
 - D. interaction research

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-05 Psychology as a Basic and Applied Science

37. Researchers studying human memory have participants memorize lists of words. These researchers then record how many of the words the participants accurately remember after the passage of time and exposure to new information. When an eyewitness to a crime identifies an attacker in court, lawyers might illustrate the limits of memory by using this type of research

- A. applied
- B. basic**
- C. elementary
- D. practical

Accessibility: Keyboard Navigation

Blooms: Analyze

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-05 Psychology as a Basic and Applied Science

38. Mary was driving on a dark and stormy night. She was unable to read a hidden traffic sign and she ran off the road and crashed into a street light. Two scientists are called as experts to testify in her defence. Scientist 1, who does research on how vision works, explained the limits of a person's ability to process visual information. Scientist 2, who does research on factors that contribute to car accidents, focused on the circumstances surrounding the accident, like the driver's state of mind and the limited visibility of the sign. Both scientists are using research in defence of the driver. Scientist 1 uses _____ research and Scientist 2 uses _____ research.

- A. observable; tested
- B. applied; basic
- C. proven; circumstantial
- D. basic; applied**

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-05 Psychology as a Basic and Applied Science

39. Research on memory processes shows us that when tested on a recently learned word list, the majority of people will recall the words at the end of the list at a higher rate than the words in the middle of the list. This "recency effect" can be eliminated by involving the participants in a task that stops them from rehearsing the words. Using this principle, before Dr. Brown gives an exam, she asks that all books and notes be put away and then takes time to prevent the "recency effect" by giving the instructions for the exam, the grading procedures, and next week's lesson topic before allowing students to begin the exam. In this case, Dr. Brown is

- A. increasing the chance that students will cheat
- B. relying on students' short-term memory to help them out
- C.** applying basic research principles in her course
- D. collecting applied research data in her class

Accessibility: Keyboard Navigation

Blooms: Analyze

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-05 Psychology as a Basic and Applied Science

40. In the 1960s, psychologists conducted a study at a summer camp for 11-year old boys. The "Robbers Cave" study showed that conflict between groups could be decreased by making the groups dependent upon one another to cooperate. This experiment is considered to be an example of which type of research?

- A.** Basic research
- B. Applied research
- C. Insight research
- D. Interaction research

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-05 Psychology as a Basic and Applied Science

41. Systematic empiricism is a defining feature of

- A.** science
- B. folk wisdom
- C. basic research
- D. applied research

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-03 Thinking Critically about Behaviour

42. Which of the following is NOT true of science?

- A. Science involves systematic empiricism.
- B.** Those using science avoid common pitfalls such as the confirmation bias.
- C. Science is a public affair.
- D. There are some questions that science cannot answer.

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-03 Thinking Critically about Behaviour

43. Dr. Smith is a psychologist who is interested in studying aggression in sports. For her research, she attends high school basketball games and records the number of aggressive acts she observes. Dr. Smith's research is best viewed as meeting psychology's basic goal of

- A.** description
- B. understanding
- C. prediction
- D. control

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-04 Psychology's Goals

44. Dr. Forman is a school psychologist who has been asked to observe a disruptive student. After her observation, she writes, "Bobby appeared to have a great deal of difficulty listening to the lessons being taught. He had particular difficulty with the math lesson, and began distracting the students who were sitting next to him by pinching and hitting them." Dr. Forman's observations are most consistent with which goal of psychology?

- A.** Description
- B.** Understanding
- C. Prediction
- D. Control

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-04 Psychology's Goals

45. Steve has been feeling depressed lately and decides to visit a psychologist, Dr. Katz, for some assistance. After learning that Steve's relationship with his girlfriend recently ended, Dr. Katz begins to think that perhaps Steve's depression has been caused by this recently ended relationship. Dr. Katz's speculations are most similar to which goal of psychology?

- A. Description
- B.** Understanding
- C. Prediction
- D. Control

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-04 Psychology's Goals

46. Susan is attending a seminar on stress management. The psychologist leading the seminar states that, "most stress is caused by irrational thinking and the negative ways that we judge various situations." The psychologist's comment most closely resembles which goal of psychology?
- A. Description
 - B. Understanding**
 - C. Prediction
 - D. Control

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-04 Psychology's Goals

47. While driving home one day, Abdul is in a serious car accident. Several weeks later, he notices that he is still feeling very tense and anxious. He consults with a psychologist, who informs him that it is common for people who have been in a serious accident to have these kinds of feelings. The psychologist goes on to say that often people also have bad dreams and re-experience the trauma, and that Abdul shouldn't be surprised if this happens. The psychologist's comments are most similar to which goal of psychology?
- A. Description
 - B. Understanding
 - C. Prediction**
 - D. Control

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-04 Psychology's Goals

48. Dr. Harris has created an academic performance enhancement program designed to help children who are struggling in school. Results from his research reveal that the program is effective at improving children's grades. Dr. Harris's work is most consistent with which goal of psychology?

- A. Description
- B. Understanding
- C. Prediction
- D.** Control

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-04 Psychology's Goals

49. In many eyewitness studies, researchers carefully observe the "victim's" behaviour under various conditions. The presence of a weapon appears to decrease eyewitness accuracy in identifying the perpetrator. To test whether or not this is true, researchers re-enact a robbery both with and without a gun. People viewing the robbery where a gun was used were far less accurate in their description of the robber. This knowledge has been used in courtroom cases, often discrediting eyewitness testimony. In this case, the idea that the presence of a weapon decreases eyewitness accuracy, corresponds to which of the basic goals of psychology?

- A. Description
- B. Understanding
- C.** Prediction
- D. Application

Accessibility: Keyboard Navigation

Blooms: Analyze

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-04 Psychology's Goals

50. In the Jumbled-Word Challenge example in the textbook, the claim is made that the research was conducted at Cambridge but no reference information is provided. This is an illustration of which thinking critically step offered in evaluating the research?

- A. What's the claim?
- B. Who is making the claim?
- C. What's the evidence and how good is it?**
- D. What is the most appropriate conclusion?

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-03 Thinking Critically about Behaviour

51. Industrial-organizational psychology would be an example of what type of research?

- A. Applied**
- B. Basic
- C. Experimental
- D. Correlational

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-05 Psychology as a Basic and Applied Science

52. In the 1960s, psychologists conducted a study at a summer camp for 11-year old boys. These researchers in the "Robbers Cave" experiment thought that if they created conditions in which the two groups of boys had to cooperate, then there would be less hostility between the groups. The "Robbers Cave" study showed that conflict between groups could be decreased by making the groups dependent upon one another to cooperate. This finding is an illustration of which goal of psychology?

- A. Description
- B. Understanding
- C. Prediction**
- D. Control

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-04 Psychology's Goals

53. In the 1960s, psychologists conducted a study at a summer camp for 11-year old boys. Researchers in the Robbers Cave experiment altered the conditions so that they were able to both increase group hostility (with competition) and decrease group hostility (with cooperation). Through altering these conditions, the psychologists were demonstrating this goal of psychology

- A. description
- B. understanding
- C. prediction
- D. control**

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-04 Psychology's Goals

54. Charles Whitman was a mass murderer with no previous history of violence. After Charles Whitman committed several murders and suicide, an autopsy revealed that he had a malignant tumour in an area of the brain associated with aggression. Psychologists who cite this fact in an attempt to explain what happened are focused on which level of analysis?
- A. Psychological
 - B. Environmental
 - C. Biological**
 - D. Structural

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-01 The Nature of Psychology

Topic: 01-06 Psychology's Broad Scope: A Simple Framework

55. Charles Whitman was a mass murderer with no previous history of violence. In an attempt to explain his violent behaviour, a psychologist points to Whitman's recent stressful life events and to the way that violence is often reinforced and glorified in today's society. This psychologist's explanation is most compatible with which level of analysis?
- A. Psychological
 - B. Environmental**
 - C. Biological
 - D. Structural

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-01 The Nature of Psychology

Topic: 01-06 Psychology's Broad Scope: A Simple Framework

56. When considering the mind-body problem, some philosophers argue that the mind is a separate entity from the body and is not subject to the same physical laws as the body. These individuals would belong to which philosophical position?

- A. Monism
- B. Dualism**
- C. Structuralism
- D. Functionalism

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-08 Psychology's Intellectual Roots

57. A central belief of the dualism position is that it suggests

- A. studying the body won't tell us anything about the mind**
- B. studying the body will enable us to learn more about the mind
- C. the mind and body are essentially one
- D. the mind should be studied by examining its individual components

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-08 Psychology's Intellectual Roots

58. Monism is a belief that

- A. mental events are a product of physical events in the brain**
- B. the mind is separate from the body
- C. the mind is not subject to the physical laws of the body
- D. research on the body cannot solve the mysteries of the mind

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-08 Psychology's Intellectual Roots

59. When considering the mind-body problem, ancient philosophers who argued that the mind is not separate from the body belonged to which philosophical position?

- A.** Monism
- B. Dualism
- C. Structuralism
- D. Functionalism

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-08 Psychology's Intellectual Roots

60. The statement, "answers to the great questions of psychology will ultimately be found in 'physiology' All behaviour, all experience, all feeling, indeed all the subject matter of psychology, are nothing more than the outcomes of the activity of the nervous system" is most consistent with the following view

- A. dualism
- B.** monism
- C. functionalism
- D. structuralism

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-08 Psychology's Intellectual Roots

61. British empiricism could be considered as an example of

- A. dualism
- B.** monism
- C. functionalism
- D. structuralism

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-08 Psychology's Intellectual Roots

62. The method of introspection was developed by which school of thought?

- A. Dualism
- B. Psychoanalysis
- C. Functionalism
- D.** Structuralism

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

63. Early researchers in psychology who believed that the mind could be studied by breaking it down into its basic components as a chemist might break down a complex chemical compound followed which school of thought?

- A. Dualism
- B. Psychoanalysis
- C. Functionalism
- D.** Structuralism

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

64. Early studies on brain mechanisms in learning in biological psychology were conducted by Franz and Lashley. When studying animals, Franz and Lashley detected a _____ correlation between loss of cortex and loss of function.

- A. positive
- B. negative
- C.** no
- D. normal

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

65. When Franz and Lashley removed most of a rat's cortex they found that
- A. the rat could no longer function
 - B. the rat had no problem functioning**
 - C. the rat could only do certain tasks
 - D. the rat could only eat and drink

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

66. The following is an important technical advancement in the study of the relationship between the brain and behaviour
- A. the functional magnetic resonance imaging (fMRI)**
 - B. cellular recording device
 - C. computerized dynamic posturography
 - D. the X-ray

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

67. The study of how behavioural tendencies are influenced by genetic factors is known as the field of
- A. behavioural neuroscience
 - B. behaviour genetics**
 - C. evolutionary psychology
 - D. sociobiology

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

68. Evolutionary theory assumes that individuals who receive a competitive advantage from inherited traits will be more likely to survive, reproduce, and thus pass on these adaptive traits to future generations. This process is known as

- A. natural endurance
- B. natural selection**
- C. natural extinction
- D. natural survival

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

69. Which of the following is most consistent with evolutionary psychology?

- A. An organism's biology determines whether it will survive or not; behaviour does not determine survival.
- B. An organism's biology determines its behavioural capabilities, and its behaviour then determines whether it will survive or not.**
- C. An organism's biology and behaviour are determined by the environment.
- D. An organism's behaviour determines its biological capabilities.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

70. Some individuals believe that complex social behaviours can be influenced by evolution. They also believe that natural selection favours behaviours that increase the chances that certain genes will be passed on to the next generation. These individuals are associated with

- A. psychoanalysis
- B. sociobiology**
- C. behaviour genetics
- D. behaviourism

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

71. The Canadian sociobiologists Daly and Wilson noted that females make a greater investment in the reproductive process. Which of the following statements does **NOT** support their statement?

- A. Women have less opportunity to reproduce than males have.
- B. Women have a greater health risk during pregnancy and delivery than males have.
- C.** In Canada, women contribute a greater proportion of the financial earning to meeting family expenses than men do.
- D. In Canada, women tend to be the primary caregiver after divorce.

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

72. What criticism has been made **AGAINST** the sociobiological theory of evolution?

- A.** It overemphasizes innate biological factors at the expense of cultural and social learning factors.
- B. It overemphasizes cultural and social learning factors at the expense of innate biological factors.
- C. It places too much emphasis on early childhood and unconscious factors.
- D. It places too much emphasis on the role of thinking, planning, and reasoning.

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

73. Sometimes parents will sacrifice their own lives in order to ensure the survival of their children. An individual who associates with the sociobiological view would argue that these instances

- A. are due to a cost benefit analysis by the parent
- B.** occur because genetic survival is more important than individual survival
- C. are due to the conflict between unconscious psychological forces and psychological defences
- D. occur because of the reinforcement of altruistic behaviour by culture and society

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

74. The fields of sociobiology and evolutionary psychology are example of which psychological perspective?

- A. Cognitive
- B. Sociocultural
- C.** Biological
- D. Behavioural

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

75. The scientific study of the influence of genetic factors on behavioural tendencies is called

- A. genetic behaviourism
- B.** behaviour genetics
- C. sociogenetics
- D. sociobiology

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

76. Behaviour geneticists use which of the following methods to address the role of genetic factors in behaviour?

- A. Autobiographical journaling
- B. Brain-imaging techniques
- C. Selective animal breeding**
- D. Psychological interviews

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

77. Behaviour geneticists use which of the following research methods to investigate the role of genetic factors in behaviour?

- A. Twin studies**
- B. Narrative inquiry
- C. Ethnography
- D. Simulation methods

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

78. A psychologist who assumes that humans process information, plan and solve problems in a way that is similar to computers would most likely associate with which psychological perspective?

- A. Psychodynamic
- B. Biological
- C. Behavioural
- D. Cognitive**

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

79. Structuralism, functionalism, and Gestalt psychology were all schools of thought that played important roles in the origin of which psychological perspective?

- A. Sociocultural
- B. Cognitive**
- C. Humanistic
- D. Behavioural

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

80. When Gary lost his job, he became depressed and started binge-eating. Gary started to seek help from a therapist. To his surprise, the therapist was not at all interested in Gary's relationship with his mother, his family history, or anything about Gary's past. Instead, Dr. Lee focuses on what Gary is currently thinking and how he interprets those thoughts. Dr. Lee conducts therapy from what type of perspective?

- A. Psychoanalytic
- B. Behaviourist
- C. Humanistic
- D. Cognitive**

Accessibility: Keyboard Navigation

Blooms: Analyze

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

81. Who founded the first laboratory of experimental psychology in 1879?

- A. William James
- B. Edward Titchener
- C. Wilhelm Wundt**
- D. Wolfgang Kohler

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

82. A method of analyzing and studying the mind in terms of its basic elements is known as

- A. functionalism
- B.** structuralism
- C. Gestalt psychology
- D. insight psychology

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

83. Wilhelm Wundt and Edward Titchener both believed that the mind could be studied by breaking it down into its essential components. The approach that Wundt and Titchener espoused was known as

- A.** structuralism
- B. insight psychology
- C. functionalism
- D. Gestalt psychology.

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

84. Researchers who believed in the structuralism school of psychological thought studied sensations through which method?

- A. Insight
- B. Repression analysis
- C.** Introspection
- D. Monitoring brain activity

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

85. While structuralists held that psychology should study the basic elements of consciousness, functionalists argued that psychology should concentrate on
- A.** the reasons behind consciousness
 - B. how the elements of consciousness are organized into holistic thinking
 - C. unconscious motivating factors
 - D. the innate human drive to grow and actualize

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

86. Which approach to psychology is concerned with how elements of experience are organized into wholes?
- A. Structuralism
 - B. Sociobiology
 - C. Functionalism
 - D.** Gestalt psychology

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

87. The statement, "the whole is greater than, and often very different from, the sum of its parts," is most likely from which school of psychology?
- A.** Gestalt psychology
 - B. Functionalism
 - C. Structuralism
 - D. Evolutionary Psychology

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

88. William James helped develop which school of thought?

- A. Structuralism
- B. Functionalism**
- C. Gestalt psychology
- D. Psychodynamic perspective

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

89. Some of the ideas from functionalism live on in what more modern approach to psychology?

- A. Behaviourism
- B. Humanist
- C. Evolutionary psychology**
- D. Sociocultural approach

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

90. Which of the following was NOT provided in the textbook as influential in starting the cognitive revolution?

- A. Research on eye-witness testimony and the distortion of memory**
- B. Psychologists designing information displays during World War II for the military
- C. The debate about how children acquire language
- D. The development of the computer

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

91. Jean Piaget and Noam Chomsky were mentioned as theorists who have had a strong impact on which psychological perspective?

- A. Psychodynamic
- B. Sociocultural
- C. Behavioural
- D.** Cognitive

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

92. Professor Jean Piaget is best known for his research in which area?

- A. His work on artificial intelligence
- B. How irrational thought patterns contribute to emotional problems
- C.** The cognitive development of children
- D. Evolutionary psychology

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

93. When did the cognitive revolution occur?

- A. 1920s and 1930s
- B. 1950s
- C.** 1960s and 1970s
- D. 1980s

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

94. Research on perceptual illusions provides evidence that the mind perceives elements as a meaningful whole, a position advocated for by

- A. structuralism
- B. Gestalt psychology**
- C. psychodynamic perspective
- D. behaviourism

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

95. A researcher is interested in exploring the nature of attention and consciousness as well as how unconscious processes influence behaviour. This researcher takes what type of perspective in the study of psychology?

- A. Psychodynamic
- B. Functionalist
- C. Behaviourist
- D. Cognitive**

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

96. Senara is conducting a study on how stress can influence problem-solving by manipulating the amount of time and the level of difficulty of the problems to solve. Which perspective is Senara taking to the study of psychology?

- A. Psychodynamic
- B. Behaviourist
- C. Cognitive**
- D. Humanist

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

97. Researchers who are interested in developing complex computer models of human thought, reasoning, and problem solving would most likely be taking which perspective?

A. Social constructivism

B. Cognitive

C. Behaviourism

D. Humanist

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

98. A psychological researcher states that we will greatly enhance our understanding of how humans think if we are able to simulate or duplicate human cognitive processes using computers. This researcher is most likely working from which perspective?

A. Behaviourism

B. Cognitive

C. Sociobiology

D. Psychodynamic

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

99. What level of analysis does the cognitive perspective usually take?

A. Biological

B. Psychological

C. Environmental

D. Sociocultural

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

100. What level of analysis does the behaviourist perspective usually take?

- A. Biological
- B. Psychological
- C. Environmental**
- D. Sociocultural

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

101. A particular research lab uses advanced electrical recording and brain-imaging tools to monitor brain functioning while people engage in various mental activities. Researchers in this lab are most likely doing investigations in which area of modern cognitive science?

- A. Behaviour modification
- B. Cognitive neuroscience**
- C. Cognitive behaviourism
- D. Artificial intelligence

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

102. The research area of cognitive neuroscience represents a combination of which two psychological perspectives?

- A. Biological and behavioural
- B. Behavioural and cognitive
- C. Behavioural and cognitive behaviourism
- D. Biological and cognitive**

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

103. What level of analysis does the psychodynamic perspective usually take?

- A. Biological
- B. Psychological**
- C. Environmental
- D. Sociocultural

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

104. A researcher is interested in whether or not gender or social status might influence the way an individual communicates with others. This researcher is taking which perspective to the study of psychology?

- A. Behaviourism
- B. Cognitive
- C. Cognitive behaviourism
- D. Sociocultural**

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

105. Rules that specify what behaviour is acceptable and expected, such as how to dress or how to respond to someone of higher status, are known as

- A. gestalts
- B. norms**
- C. collectivism
- D. standards

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

106. Sharon is constantly talking, whether it is face-to-face, on the phone, or even to herself. Sharon is unaware of her excessive talking, which according to Freud's psychodynamic perspective means

- A. she is unable to stop the excessive talking behaviour
- B. the causes of her behaviour must be unconscious**
- C. the causes of her behaviour must be conscious
- D. she has an uncontrollable urge to communicate

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

107. Which psychological perspective stresses the role of unconscious processes and unresolved conflicts from the past?

- A. Behavioural
- B. Cognitive
- C. Psychodynamic**
- D. Sociocultural

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

108. The psychodynamic perspective emphasizes all of the following causal factors

EXCEPT

- A. unconscious processes
- B. early childhood experiences
- C. unresolved conflicts
- D. developmental stages**

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

109. Sigmund Freud based some of his psychoanalytic theory on his investigation of which psychological disorder?

- A. Panic disorder
- B. Phobias**
- C. Depression
- D. Multiple personality disorder

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

110. Which technique did Sigmund Freud use to treat his patients?

- A. Free association**
- B. Graded exposure
- C. Introspection
- D. Behaviour modification

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

111. What common childhood factor was consistently reported by Sigmund Freud's patients?

- A. They reported struggling academically in elementary school.
- B. They reported painful and forgotten sexual experiences.**
- C. They reported suffering from childhood anxiety and depression.
- D. They reported that their mothers had also suffered from hysteria.

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

112. Sigmund Freud believed in the importance of unconscious and childhood experience factors. He based his beliefs on all of the following observations **EXCEPT**
- A. His patients consistently reported childhood memories of a sexual nature
 - B. His patients often improved after "reliving" previously forgotten memories of childhood sexual abuse
 - C. He noticed that individuals use defence mechanisms to help cope with anxiety
 - D.** He noticed how people often engaged in habitual activities with little conscious awareness

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

113. The psychological defence mechanism that protects people from anxiety by keeping anxiety-producing thoughts, feelings, memories, and impulses in the unconscious is called
- A. insight
 - B. rehearsal
 - C. hysteria
 - D.** repression

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

114. Sigmund Freud speculated that people are afraid to acknowledge their sexual desires because these desires are
- A.** punished during childhood
 - B. produced by innate aggressive impulses
 - C. uncontrollable and inherently frightening
 - D. unconsciously associated with instincts

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

115. Sigmund Freud assumed that humans are in a never-ending internal struggle because of the continuous conflict between

- A. people and their environments
- B.** internal impulses and defences
- C. internal impulses and the environments
- D. repression and defences

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

116. Sigmund Freud assumed that humans are in a never-ending internal struggle because of

- A. the conflicting reinforcement and punishment we receive from our environment
- B. neurological imbalances that are inherent in the human mind
- C. conflicts between various irrational thoughts that people think
- D.** the continuous conflict between internal impulses and defences

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

117. A major criticism of Sigmund Freud's theory of psychoanalysis is that

- A.** it is difficult to validate because many of its concepts are difficult to measure
- B. it did not distinguish between impulses and defences
- C. it did little to stimulate the development of new psychological theories
- D. it was not comprehensive enough to explain human behaviour

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

118. Steve is angry and frustrated at work. He consults with a therapist who asks Steve many detailed questions about his early childhood and interprets Steve's problems as being due to conflicts between his unconscious aggressive urges and his defence mechanisms. Steve's therapist would most likely identify with which psychological perspective?

- A. Behavioural
- B. Cognitive
- C. Psychodynamic**
- D. Sociocultural

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

119. When examining the many recent examples of violence in different cultures and around the world, a psychologist explains this is due to human beings' innate aggressive impulses. In order to reduce or eliminate this problem, this psychologist believes that we need to teach people techniques that will allow them to more effectively manage or redirect this aggressive energy. This psychologist most likely adheres to which psychological perspective?

- A. Humanistic
- B. Biological
- C. Sociocultural
- D. Psychodynamic**

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

120. The psychological perspective that focuses on the role of the external environment in influencing and affecting our actions is called the

- A. humanistic perspective
- B. cognitive perspective
- C. psychodynamic perspective
- D. behavioural perspective**

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

121. In psychology, the behavioural perspective was influenced by which philosophical perspective?

- A. British empiricism**
- B. Structuralism
- C. Functionalism
- D. Dualism

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

122. The notion of "tabula rasa" is most consistent with which of the following statements?

- A. The environment determines most of our behaviour.**
- B. Biology and genetics determine most of our behaviour.
- C. Unconscious forces determine most of our behaviour.
- D. Our innate drive to self-actualize determines most of our behaviour.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

123. A psychologist is being interviewed on a local news program regarding the recent problems with school violence. The psychologist suggests that we need to change the environments in which our children are being raised by reinforcing the behaviours we would like to see our children demonstrate. This psychologist is most likely associated with which psychological perspective?

- A. Humanistic
- B. Psychodynamic
- C. Cognitive
- D.** Behavioural

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

124. Pavlov's research with dogs learning to salivate to a tone that had been paired with food helped lead to the development of which perspective?

- A.** Behaviourism
- B. Cognitive
- C. Psychodynamic
- D. Humanism

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

125. A psychologist who believes that the focus of psychology is not inner mental events but observable actions is most likely associated with which psychological perspective?

- A. Cognitive
- B. Biological
- C.** Behavioural
- D. Sociocultural

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

126. A researcher who is interested in discovering the common principles that influence human and animal learning is most likely associated with which psychological perspective?

- A. Humanistic
- B. Cognitive
- C. Psychodynamic
- D. Behavioural**

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

127. It has been said that no two children receive the same parenting as parents respond to and treat each child differently. Watson and Skinner would probably agree with this statement because _____.

- A. siblings exhibit differences learned from their parents
- B. one's environment changes based on parents' responses
- C. one's environment changes based on one's responses to it**
- D. siblings exhibit similarities learned from their parents

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Blooms: Analyze

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

128. The perspective that emphasizes the environmental control of actions through learning is known as

- A. behaviourism**
- B. constructivism
- C. humanism
- D. psychodynamic

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

129. The statement, "a person does not act upon the world, the world acts upon the person," would most likely have been said by

- A. Sigmund Freud
- B. Carl Rogers
- C. B.F. Skinner**
- D. Aaron Beck

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

130. Behaviourism gave rise to a set of behaviour change techniques that were known as

- A. behaviour creation
- B. behaviour design
- C. behaviour enhancement
- D. behaviour modification**

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

131. A psychologist who acknowledges the importance of both the environment and internal thoughts in determining human behaviour would likely be associated with which of the following perspectives of psychology?

- A. Cognitive behaviourism**
- B. Behavioural
- C. Sociocultural
- D. Evolutionary biology

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

132. Susan is having trouble with anxiety and is working with a therapist to address this problem. As part of her treatment, the therapist teaches Susan how to change her anxiety-provoking thoughts and how to change her environment so that it reinforces the positive behaviours she wants to practice. Susan's therapist is most likely associated with which area of psychology?

- A. Humanistic
- B. Psychodynamic
- C. Sociocultural
- D.** Cognitive behaviourism

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

133. The perspective that acknowledges the importance of the environment and internal mental processes in determining behaviour is called

- A. sociocultural
- B. psychodynamic
- C. environmental
- D.** cognitive behaviourism

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

134. The psychological perspective that arose from the philosophical roots that emphasized free will, innate tendencies to work towards personal growth, and the attempt to find meaning in personal existence is called

- A. sociocultural
- B. behavioural
- C. humanistic**
- D. cognitive

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

135. Humanistic theorists assume that everyone has an innate tendency towards personal growth and achieving one's individual potential. This concept is called

- A. self-realization
- B. self-actualization**
- C. self-esteem
- D. self-confidence

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

136. The humanistic and behavioural perspectives are similar in that

- A. both acknowledge the importance of the environment**
- B. both acknowledge the importance of aggressive impulses
- C. both focus on unconscious factors
- D. both assume that human nature is essentially good

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

137. Jerry and his psychologist often discuss how Jerry finds personal meaning in his life. The psychologist also focuses on the power of choice and free will. This psychologist most likely believes in which psychological perspective?

- A. Behavioural
- B. Psychodynamic
- C. Humanistic**
- D. Biological

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

138. The psychodynamic and humanistic perspectives are similar in that both acknowledge the importance of

- A. biology in determining growth and development
- B. internal personality processes**
- C. culture shaping individual choices
- D. the unconscious determinants of behaviour

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

139. In response to the psychodynamic and behavioural perspectives, the humanistic movement believes that

- A. personality development is controlled by the individual**
- B. personality development is not controlled by the individual
- C. personality development cannot be influenced by the environment or early childhood experiences
- D. personality development characteristics are predetermined

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Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

140. Keri has always had a strong desire to paint. Her parents insist she go to college rather than the art school she wishes to attend. Her therapist, who is aligned with the humanistic perspective believes

- A. Keri will learn to appreciate a more lucrative career path in college
- B.** Keri will become frustrated with college and not be able to fulfill herself
- C. Keri will forget about painting and learn a new skill as she experiences new things
- D. Keri will be successful in college and will appreciate her parents' advice

Accessibility: Keyboard Navigation

Blooms: Analyze

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

141. Positive psychology is an outgrowth from which perspective?

- A. Psychodynamic
- B. Sociocultural
- C. Cognitive
- D.** Humanist

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

142. The psychological perspective that focuses on the diversity of societies and how customs are transmitted to its members is called

- A.** sociocultural
- B. biological
- C. evolutionary psychology
- D. humanistic

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

143. The term that refers to persisting values, beliefs, behaviours, and traditions that are shared by a large group of people and are passed from one generation to the next is

- A. culture
- B. sociobiology
- C. introspection
- D. self-actualization

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

144. Research on whether or not the presence of others will influence if an individual will stop to help a bystander would be an example of research taking which perspective?

- A. Cognitive
- B. Sociocultural
- C. Behaviourism
- D. Psychodynamic

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

145. According to the sociocultural perspective, the rules that specify what is and is not acceptable behaviour for members of a group (such as what men and women should wear or how to act in different social situations) are called

- A. cultural standards
- B. ideals
- C. norms
- D. principles

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

146. Sam and Ben are brothers. Sam attends the local neighbourhood school, while his younger brother, Ben, attends an exclusive private school. Sam is very proud of his home and frequently invites friends over to his house to study or just relax. Ben, on the other hand, does not want his classmates to see how poor his family is and is embarrassed by the small house his family lives in. In this case, the opposing views of the same home can be explained from a sociocultural perspective in the following way

- A. Ben's negative view of the world is a result of being the youngest child
- B.** each boy's reality is shaped by his different social settings at school
- C. Sam has more friends than Ben and is therefore more comfortable with his home
- D. Ben's friends value money; whereas Sam's do not

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

147. Levine and colleague's research on whether individuals would marry someone they didn't love most clearly demonstrates the influence of

- A.** culture on what is perceived as normal
- B. types of thinking and reasoning on what is perceived as normal
- C. biology and environment on what is perceived as normal
- D. unconscious factors on what is perceived as normal

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

148. In the Tchambuli tribe from New Guinea, women are more assertive and are responsible for obtaining the tribe's food, while the men usually spend their days working on their art and talking about the women. According to researchers taking a cultural psychology approach, this reversal of the typical western gender roles is

- A. due to the unusual genetic makeup of the people in this tribe
- B. a product of their unique cultural expectations and learning experiences**
- C. due to the tribe's environment
- D. a product of this tribe's lack of awareness of Western culture

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

149. According to the text, one of the most important differences between any two cultures from a psychological perspective is the extent to which they are

- A. capitalistic or communistic
- B. rural or industrialized
- C. individualistic or collectivistic**
- D. materially-oriented or achievement-oriented

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

150. Most industrialized cultures such as North America and Europe emphasize a different cultural orientation than cultures such as those in Asia, Africa, and South America. In Asia, Africa, and South America, the cultural orientation emphasis is on

- A. collectivism**
- B. individualism
- C. functionalism
- D. materialism

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

151. Gabriella was raised in a family where individual achievement and accomplishment were stressed by both of her parents. She was constantly encouraged to set personal goals for herself and to strive to achieve them. The values emphasized by Sara's family are most consistent with

- A. collectivism
- B. structuralism
- C. individualism**
- D. functionalism

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

152. George was raised in a family where his sense of self was defined by the various groups of which he was a member, such as his community and his class at school. George understood that the goals of these groups were more important than any of the personal goals of people in these groups. The values emphasized by George's family are most consistent with

- A. collectivism**
- B. structuralism
- C. individualism
- D. functionalism

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

153. Based on the concepts of collectivism versus individualism, which of the following statements about American and Japanese schools would you predict is true?
- A. Japanese children tend to work alone on individual projects, while American children tend to work in groups.
 - B.** Japanese children tend to work in groups, while American children tend to work alone on individual projects.
 - C. Even when students are working individually, American teachers are more likely to direct their comments to the group.
 - D. Even when students are working in a group, Japanese teachers are more likely to direct their comments to individuals.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

154. Li-Jun and colleagues examined how language and culture can affect performance on a sorting task. Their research suggests that our unique learning histories can be shaped by the culture we are raised in. This example demonstrates how the _____ and the _____ perspectives can interact to clarify our understanding.
- A. biological; sociocultural
 - B. behavioural; humanist
 - C. sociocultural; humanist
 - D.** sociocultural; behavioural

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

155. The sociocultural and behavioural perspectives are similar in that both emphasize
- A. the importance of internal mental factors
 - B.** the role of the environment on the development of behaviour
 - C. the effect of biological factors on behaviour
 - D. the importance of innate human drives to actualize potential

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

156. As an attempt to explain human nature, which psychological perspective views humans as reactors to their environment?
- A.** Behavioural
 - B. Cognitive
 - C. Humanistic
 - D. Psychodynamic

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

157. As an attempt to explain human nature, which psychological perspective views humans as free-thinking agents who seek personal meaning and self-actualization?
- A. Biological
 - B. Behavioural
 - C.** Humanistic
 - D. Psychodynamic

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

158. As an attempt to explain human nature, which psychological perspective views humans as interactive beings embedded in a group?

- A. Humanistic
- B. Psychodynamic
- C. Cognitive
- D. Sociocultural**

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

159. Which psychological perspective views perception, memory processes, and thoughts as some of the major causes of behaviour?

- A. Behavioural
- B. Cognitive**
- C. Psychodynamic
- D. Humanistic

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

160. Which psychological perspective views unconscious motives and early childhood experiences as among some of the major causes of behaviour?

- A. Sociocultural
- B. Biological
- C. Cognitive
- D. Psychodynamic**

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

161. Which psychological perspective views societal norms and group interactions as among some of the major causes of behaviour?

- A. Biological
- B. Humanistic
- C. Psychodynamic
- D. Sociocultural**

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

162. In Western cultures, women are considered the primary caregivers of infants and children. It also seems that, as our population ages, women are the primary caregivers of the elderly. The evolutionary perspective may argue that this is so because

- A.** women are biologically predetermined to be caregivers
- B. women receive societal rewards for the ability to give care
- C. women learn from an early age to care for others
- D. women understand that survival depends on the weakest in the group

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

163. In psychology, both the psychodynamic and cognitive perspectives are considered to be operating at

- A. the biological level of analysis
- B.** the psychological level of analysis
- C. the environmental level of analysis
- D. the cognitive level of analysis

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

164. There are six psychological perspectives (sociocultural, humanistic, behavioural, psychodynamic, cognitive, and biological) on behaviour. What three levels of analysis allow us to integrate causal factors suggested by each of the six psychological perspectives?

- A. Biological, cognitive, sociocultural
- B. Biological, psychological, environmental**
- C. Biological, psychodynamic, environmental
- D. Psychological, cognitive, behavioural

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

165. According to the text, in order to obtain a complete understanding of behaviour we need to

- A. move back and forth between different levels of analysis**
- B. focus our attention on the environmental and biological levels of analysis
- C. focus our attention on the psychological level of analysis
- D. pick one of the three levels of analysis and apply it rigorously and thoroughly

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

166. Sandra has a promising career, dates interesting men, and she is quite content to remain single and child-free. Her family strongly supports her choices and celebrates her success as a professional. Her sister, who was married briefly and then experienced an unpleasant divorce, is open about her disdain for long-term commitment. We can make an effort to understand Sandra's behaviour using different levels of analysis. In this case, the influence of Sandra's family on her decision to stay single and child-free fits with the _____ level of analysis.

- A. biological
- B. psychological
- C. environmental**
- D. cognitive

Accessibility: Keyboard Navigation

Blooms: Analyze

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

167. Which psychological disorder is generally considered to be the "common cold" of emotional disturbances?

- A. Schizophrenia
- B. Anxiety
- C. Depression**
- D. Multiple personality

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-17 An Example: Understanding Depression

168. All of the following are biological factors associated with depression **EXCEPT** which of the following?

- A. Depressed people are more likely than non-depressed people to have relatives who are also depressed.
- B. Drugs that effectively treat depression appear to operate by restoring the balance of neurotransmitters.
- C. The biological rhythms associated with sleep tend to be disrupted in depressed individuals.
- D. Depressed people are more likely to have negative views of themselves and the world.**

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-17 An Example: Understanding Depression

169. If you wanted to understand some of the important causes of depression and you paid attention to the negative thinking that often accompanies depression, you would be interpreting depression from which level of analysis?

- A. Biological
- B. Psychological**
- C. Environmental
- D. Cognitive

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-17 An Example: Understanding Depression

170. Research on the psychological causes of depression has found that clinically depressed people

A. tend to take personal responsibility for the good things that happen to them while they tend to dismiss bad things that happen

B. typically have a hopeless attitude towards the world, the future, and themselves

C. can feel optimistic about managing themselves and their environments during stressful events

D. tend to suffer from specific brain abnormalities

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-17 An Example: Understanding Depression

171. According to the behavioural perspective, depression is the result of

A. negative or pessimistic patterns of thinking

B. a depressed personality

C. a non-rewarding environment

D. imbalances in neurotransmitters

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-17 An Example: Understanding Depression

172. Research on depression in various cultures has found that the symptom patterns of depression are different in various cultures and that the relative occurrence of depression is _____ in various cultures.

A. higher for men than women

B. different for men and women

C. the same for men and women

D. higher for women than men

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-17 An Example: Understanding Depression

173. When deconstructing a disorder such as depression, the presence or strength of one factor influences the effects of other factors. This presence of one factor influencing the effect of another factor is called an

- A. association
- B. interassociation
- C. interaction**
- D. interrelation

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-17 An Example: Understanding Depression

174. Two people are witnesses to a violent earthquake. One person is mildly upset by this event and copes well with it. The other person, who has a biological predisposition to anxiety, becomes very stressed after the event, has difficulty coping with it, and eventually gets ill. Because the effects of the earthquake differed, depending on whether the person had the predisposition of anxiety or not, this would be an example of an

- A. interrelation
- B. interaction**
- C. insight
- D. interassociation

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-18 Summary of Major Themes

175. A person who is depressed begins eating poorly and quits exercising. These behaviours in turn result in a change in the person's physiology. This would be an example of

- A. the person's biology affecting his/her behaviour
- B.** the person's behaviour affecting his/her biology
- C. the person's biology affecting the environment
- D. the person's environment affecting his/her behaviour

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-18 Summary of Major Themes

176. Bob is mildly depressed. Because of his generally negative attitude and hopelessness, Bob's friends, who typically enjoy his company, no longer want to spend time with him. The impact of Bob's depression on his friends is an example of

- A. environmental factors affecting biological factors
- B. biological factors affecting behavioural factors
- C.** behavioural factors affecting environmental factors
- D. behavioural factors affecting biological factors

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-18 Summary of Major Themes

177. One major theme in psychology emphasizes that our biological endowment and our personal experiences interact to influence how we behave. This is an example of

- A.** nature and nurture interacting
- B. heredity and culture interacting
- C. culture and nature interacting
- D. heredity and nurture interacting

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-18 Summary of Major Themes

178. Since he was a little boy, Niko wanted to help people be healthy and he always thought he would be a doctor when he grew up. Now in university, Niko is reluctant to commit to pre-medical studies because he has seen the overuse of medication, and he believes he can help people without drugs. Which of the following career paths in psychology might Niko consider?

- A. Clinical psychology
- B. Educational psychology
- C. Organizational psychology
- D. Social psychology

Accessibility: Keyboard Navigation
Blooms: Apply
Learning Objective: 01-04 Psychology Today
Topic: 01-19 Psychology Today

179. The specialty area in psychology that focuses on the study of nonhuman species in natural and laboratory environments is

- A. comparative psychology
- B. behavioural psychology
- C. cross-cultural psychology
- D. cognitive psychology

Accessibility: Keyboard Navigation
Blooms: Remember
Learning Objective: 01-04 Psychology Today
Topic: 01-19 Psychology Today

180. A specialty area that focuses on the study of basic processes such as learning, perception, and motivation is called

- A. cognitive psychology
- B. comparative psychology
- C. experimental psychology
- D. developmental psychology

Accessibility: Keyboard Navigation
Blooms: Remember
Learning Objective: 01-04 Psychology Today
Topic: 01-19 Psychology Today

181. The specialty area in psychology that focuses on how the presence of other people influences an individual's behaviour, thoughts, and feelings is called

- A. personality psychology
- B. cross-cultural psychology
- C. organizational psychology
- D.** social psychology

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-04 Psychology Today

Topic: 01-19 Psychology Today

182. What are the four classes of academic performance enhancement strategies?

- A. Time management, study skills, constant feedback, test-taking skills
- B. Time management, prioritizing, test-preparation strategies, test-taking skills
- C.** Time management, study skills, test-preparation strategies, test-taking skills
- D. Time management, study skills, test-preparation strategies, written schedules

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-04 Psychology Today

Topic: 01-19 Psychology Today

183. The three important principles of effective time management are

- A. creating written schedules, prioritizing, studying in the same place
- B. studying in the same place, prioritizing, monitoring progress
- C. getting feedback, prioritizing, monitoring progress
- D.** creating written schedules, prioritizing, monitoring progress

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-04 Psychology Today

Topic: 01-19 Psychology Today

184. When you are studying and attempting to retain material, the directed questions study method is _____.

- A. as effective as simply reading textual material
- B. almost as effective as simply reading textual material
- C. more effective than simply reading textual material**
- D. not at all effective when compared to simply reading textual material

Accessibility: Keyboard Navigation
Blooms: Remember
Learning Objective: 01-04 Psychology Today
Topic: 01-19 Psychology Today

185. Research looking at the effectiveness of different study techniques found that in general, study techniques

- A. made no difference in students' memory capacity
- B. increased students' memory capacity by about 10 percent
- C. increased students' memory capacity by about 20 percent**
- D. decreased students' memory capacity by about 20 percent

Accessibility: Keyboard Navigation
Blooms: Remember
Learning Objective: 01-04 Psychology Today
Topic: 01-19 Psychology Today

186. Which of the following was mentioned as a strategy that is often used by test-wise students?

- A. On multiple-choice tests, rule out the obviously incorrect answers immediately.**
- B. Multiple-choice alternatives containing the words "always," "never," "universally," and "totally" are usually correct.
- C. Multiple-choice alternatives containing qualitative terms such as "tend," "often," and "generally" are usually incorrect.
- D. On multiple-choice tests, don't change your first answer because it is usually correct.

Accessibility: Keyboard Navigation
Blooms: Remember
Learning Objective: 01-04 Psychology Today
Topic: 01-19 Psychology Today

187. Julie wants to earn good grades in college and planned to devote enough time studying to succeed. However, Julie's apartment is a mess, and although it is the quietest place to study, she cannot focus on studying when she is surrounded by the mess. Julie decides to clean up her apartment and then she is too tired to study. Julie has a problem with

- A. using an active approach to learning
- B. prioritizing her tasks**
- C. finding a suitable study place
- D. setting appropriate goals for herself

Accessibility: Keyboard Navigation
Blooms: Analyze
Learning Objective: 01-04 Psychology Today
Topic: 01-19 Psychology Today

188. Dr. Jones and Dr. Adams are both psychologists who work in the area of bullying. Dr. Jones is interested in how often bullying happens and the factors involved in bullying. Dr. Adams on the other hand, is interested in developing an intervention in helping victims of school bullying, feel better about themselves. Which one of the following statement is true?

- A. Dr. Jones' work is best described as insight research; Dr. Adams' work is best described as basic research
- B. Dr. Jones' work is best described as applied research; Dr. Adams' work is best described as basic research
- C. Dr. Jones' work is best described as basic research; Dr. Adams' work is best described as applied research**
- D. Dr. Jones' work is best described as applied research; Dr. Adams' work is best described as interaction research
- E. Dr. Jones' work is best described as interaction research; Dr. Adams' work is best described as insight research

Accessibility: Keyboard Navigation
Blooms: Understand
Learning Objective: 01-01 The Nature of Psychology
Topic: 01-01 The Nature of Psychology
Topic: 01-05 Psychology as a Basic and Applied Science

189. Dr. Smith is a psychologist who is interested in studying aggression in sports. For her research, she attends high school basketball games and records the number of aggressive acts she observes. Dr. Smith's research is best viewed as meeting psychology's basic goal of

- A. description
- B. understanding
- C. prediction
- D. control
- E. treatment

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-04 Psychology's Goals

190. Which of the following statement is TRUE from the perspective of monism?

- A. Studying the body won't tell us anything about the mind.
- B. The mind is separated from the body.
- C. Mental events are not a product of physical events.
- D. Studying the body will enable us to learn more about the mind.
- E. None of the answers are true from the perspective of monism.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-08 Psychology's Intellectual Roots

191. Charles Whitman was a mass murderer with no previous history of violence. After Whitman committed several murders and suicide, an autopsy revealed that he had a malignant tumour in an area of the brain associated with aggression. Psychologists who cite this fact in an attempt to explain his aggressive acts are focused on which level of analysis?

- A. Psychological
- B. Environmental
- C. Biological**
- D. Structural
- E. Sociocultural

Accessibility: Keyboard Navigation

Blooms: Apply

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

192. Evolutionary theory assumes that individuals who receive a competitive advantage from inherited traits will be more likely to survive, reproduce, and thus pass on these adaptive traits to future generations. This process is known as

- A. natural endurance
- B. natural segregation
- C. natural selection**
- D. natural survival
- E. natural extinction

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

193. Which one of the following is NOT associated with sociobiology?
- A. Understanding why women have a greater investment than men in the reproductive process
 - B. Examining human information processes and problem-solving strategies**
 - C. Understanding why males tend to be more aggressive than females
 - D. Understanding why parents will sacrifice their own lives in order to ensure the survival of their children based on the notion that genetic survival is more important than individual survival
 - E. All of these statements are not associated with sociobiology.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

194. After being exposed to certain sounds during an experiment, participants are asked to describe their inner experiences. This study is an example of studying
- A. insight
 - B. introspection**
 - C. perception
 - D. natural selection
 - E. interaction

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

195. Behaviourism gave rise to a set of behaviour change techniques that are known as
- A. behaviour creation
 - B. cognitive behavior therapy
 - C. behaviour enhancement
 - D. behaviour modification**
 - E. behaviour remodelling

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

196. During his sessions, Dr. Brown discusses with his patients their conscious motives, choices, and discovering their full potential. Dr. Brown conducts therapy from what type of perspective?

- A. Psychoanalytic
- B. Behavioural
- C. Cognitive
- D. Biological
- E.** Humanistic

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

197. According to the sociocultural perspective, the rules that specify what is and is not acceptable behaviour for members of a group (such as what men and women should wear or how to act in different social situations) are called

- A. standards
- B. styles
- C. practices
- D.** norms
- E. models

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

198. Culture A places an emphasis on self-expression and pursuing personal interests. Culture B values group goals and maintaining harmony within the group. Which of the following statements are TRUE?

- A. An example of culture A is China; an example of culture B is Canada.
- B.** Culture A is considered to be more individualistic; culture B is considered more collectivistic.
- C. Culture A is considered to be more collectivistic; culture B is considered to be more individualistic.
- D. Culture B would follow the principles of sociobiology while culture A would not.
- E. There should be little difference between the two cultures.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

199. The sociocultural and behavioural perspectives are similar in that both emphasize

- A. the importance of internal mental factors
- B.** the role of the environment on the development of behaviour
- C. the effect of biological factors on behaviour
- D. the importance of innate human drives to actualize potential
- E. the importance of unconscious motivation

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

200. According to the text, in order to obtain a complete understanding of behavior we need to

- A. focus our attention on the environmental and biological levels of analysis
- B. focus our attention on the psychological and biological level of analysis
- C.** move back and forth between different levels of analysis
- D. focus our attention on the psychological level of analysis
- E. select one of the three levels of analysis and apply it rigorously

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-18 Summary of Major Themes

201. A psychologist emphasizes individual values and choice and how people can fulfill their own potential. Most likely, she follows the

- A. behavioural perspective
- B. psychodynamic perspective
- C. cognitive perspective
- D.** humanistic perspective
- E. Gestalt tradition

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

202. Wilhelm Wundt is credited with which of the following?

- A.** He opened the first psychology laboratory in 1879.
- B. He founded Gestalt perspective.
- C. He developed the functional approach.
- D. He studied the cognitive process of young children.
- E. He developed the first intelligence test.

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-08 Psychology's Intellectual Roots

203. According to Freud's psychodynamic perspective, the main motivations for behaviour are

- A. biological processes
- B. environmental consequences of behaviour
- C. unconscious conflicts**
- D. conscious cognitive processes
- E. sociocultural factors

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

204. Which of the following major perspectives in psychology is most similar to empiricism?

- A. Behavioural perspective**
- B. Psychodynamic perspective
- C. Gestalt perspective
- D. Cognitive perspective
- E. Biological perspective

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

205. The philosophical school of thought that proposed that all human behaviour can be accounted for by, and reduced to, biological processes was referred to as

- A. functionalism
- B. rationalism
- C. mind-body dualism
- D. monism**
- E. Gestaltism

Accessibility: Keyboard Navigation

Blooms: Remember

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

206. Professor Jonas studies aggression. She sets up an experiment and makes her best guess as to how the results will come out. This best illustrates psychology's central goal of

- A. explanation
- B. prediction**
- C. description
- D. criticism

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-06 Psychology's Broad Scope: A Simple Framework

207. Professor Lewin studies aggression. She wants to know how various programs can decrease bullying at school. Her research is best described as

- A. applied research**
- B. basic research
- C. a broad spectrum approach
- D. psychodynamic research
- E. dualism

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-05 Psychology as a Basic and Applied Science

208. Let's say that you believe that it is possible to control all aspects of society and harness the power of the environment to your liking. Your position is closest to that of a

- A. psychodynamic psychologist
- B. cognitive behaviourist
- C. Gestalt psychologist
- D. radical behaviourist**
- E. humanistic psychologist

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

209. Which of the following approaches to psychology LEAST reflects the cognitive perspective?

- A. Structuralism
- B. Functionalism
- C. Gestalt psychology
- D. The study of the mind
- E. Sociobiology**

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

210. You overhear two psychologists talking about human behaviour. Professor A believes that humans are controlled by inner forces and conflicts while Professor B states that humans are "free-agents" and seek self-actualization. Most likely, Professor A follows the _____ perspective while Professor B follows the _____ perspective.

- A. psychodynamic; humanistic**
- B. behavioural; sociocultural
- C. biological; cognitive
- D. sociocultural; behavioural
- E. cognitive; psychodynamic

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

211. Which of the following is NOT true about psychology?

- A. Psychology is empirical.
- B. Behaviour is determined by multiple causal factors.
- C.** Behaviour can mostly be attributed to biological factors.
- D. Human experience of the world is subjective.
- E. Psychological capacities have evolved during each species' history.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-18 Summary of Major Themes

212. Your friend Tomas wants to continue in psychology and his goal is to help people with issues of personal adjustment and career planning. Which specialty area of psychology would you recommend to Tomas for continued study?

- A. Clinical
- B. Social
- C. Personality
- D.** Counselling
- E. Cultural

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-04 Psychology Today

Topic: 01-19 Psychology Today

213. Which of the following is NOT a good test-taking strategy as recommended in the text?

- A. For essays, organize your answer before writing.
- B. As you read a multiple-choice question, try to answer it at first without looking at the alternatives.
- C.** Never change an answer on a multiple-choice test.
- D. Use your time wisely and track your progress.
- E. Eliminate those alternatives that you can rule out immediately and choose from the rest.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-04 Psychology Today

Topic: 01-19 Psychology Today

214. Professor Springer studies the influence of perfume on an individual's mood. At what level of analysis is this research?

- A. Biological
- B. Psychological**
- C. Environmental
- D. Applied
- E. Basic

Accessibility: Keyboard Navigation

Blooms: Apply

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

215. Which of the following concepts is NOT linked to psychoanalysis?

- A. The unconscious
- B. Free association
- C. Inborn sexual and aggressive drives
- D. Introspection**
- E. Repression

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

216. If we wanted to understand depression from a biological level, we might look at _____, but at the psychological level we would focus more on _____.

- A. neurotransmitters; thinking style**
- B. evolutionary trends; cross-cultural differences
- C. introspection; the unconsciousness
- D. reward structure; drugs
- E. nurture; nature

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-17 An Example: Understanding Depression

217. You overhear two psychologists talking about human behaviour. Professor A believes that humans are controlled by inner forces and conflicts while Professor B states you cannot talk about things you cannot see. Instead, just look at the factors that affect behaviour. Most likely, Professor A follows the _____ perspective, while Professor B follows the _____ perspective.

- A.** psychoanalytic; behavioural
- B. humanistic; psychoanalytic
- C. physiological; sociocultural
- D. functionalist; behavioural
- E. psychoanalytic; cognitive

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

218. You overhear two psychologists talking about human behaviour. Professor A believes that humans will always engage in behavior that helps allow them to pass on their own genes while Professor B states that humans are "free-agents" and seek self-actualization. Most likely, Professor A follows the _____ perspective, while Professor B follows the _____ perspective.

- A. psychoanalytic; behavioural
- B.** sociobiological; humanistic
- C. sociocultural; cognitive
- D. humanistic; functionalist
- E. behavioural; cognitive

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

219. You overhear two psychologists talking about human behaviour. Professor A believes that humans are controlled by inner forces and conflicts while Professor B states that humans are "free-agents" and seek self-actualization. Most likely, Professor A follows the _____ perspective, while Professor B follows the _____ perspective.

- A.** psychodynamic; humanistic
- B. sociobiological; behavioural
- C. sociocultural; cognitive
- D. humanistic; functionalist
- E. behavioural; cognitive

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

220. You overhear two psychologists talking about human behaviour. Professor A believes that humans are controlled by inner forces and conflicts while Professor B states that humans are basically the same as animals. Most likely, Professor A follows the _____ perspective, while Professor B follows the _____ perspective.

- A. psychodynamic; humanistic
- B. sociocultural; cognitive
- C. psychodynamic; cognitive
- D. functionalist; behavioural
- E.** psychodynamic; biological

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

221. You overhear two psychologists talking about human behaviour. Professor A believes that humans are a product of their environment and norms while Professor B states that humans are thinkers and information processors. Most likely, Professor A follows the _____ perspective, while Professor B follows the _____ perspective.

- A. psychodynamic; humanistic
- B. sociocultural; cognitive**
- C. functionalist; behavioural
- D. psychodynamic; biological
- E. psychodynamic; cognitive

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

222. You overhear two psychologists talking about human behaviour. Professor A believes that humans react to the reward structure in their environment while Professor B states that humans are thinkers and information processors. Most likely, Professor A follows the _____ perspective, while Professor B follows the _____ perspective.

- A. psychodynamic; humanistic
- B. sociocultural; cognitive
- C. behavioural; cognitive**
- D. psychodynamic; biological
- E. biological; humanistic

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

223. You overhear two psychologists talking about human behaviour. Professor A believes that humans will always engage in behavior that helps allow them to pass on their own genes while Professor B states that humans are controlled by inner forces and conflicts. Most likely, Professor A follows the _____ perspective, while Professor B follows the _____ perspective.

- A. psychodynamic; humanistic
- B. biological; psychodynamic**
- C. behavioural; cognitive
- D. biological; humanistic
- E. psychodynamic; biological

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

224. You overhear two psychologists talking about human behaviour. Professor A believes that humans will always engage in behavior that helps allow them to pass on their own genes while Professor B states that humans are controlled by inner forces and conflicts. Most likely, Professor A follows the _____ perspective, while Professor B follows the _____ perspective.

- A. functionalist; psychodynamic**
- B. behavioural; cognitive
- C. psychodynamic; biological
- D. biological; humanistic
- E. structuralist; functionalist

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

225. Psychology sometimes takes a positive view of human nature and sometimes a negative view. The positive view would be represented by the _____ perspective, while a negative view is presented by the _____ perspective.

- A. biological; cognitive
- B. cognitive; sociocultural
- C. behavioral; functionalist
- D. humanistic; psychodynamic**
- E. sociocultural; structuralist

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

226. Professor Royce studies the influence of an individual's mood on their memory for facts. At what level of analysis is this research?

- A. Biological
- B. Basic
- C. Cultural
- D. Environmental
- E. Psychological**

Accessibility: Keyboard Navigation

Blooms: Apply

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-01 The Nature of Psychology

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

227. Professor Royce studies how people think about other people and how they form impressions. His research covers two areas of psychology, the

- A. cognitive and the sociocultural
- B. social and the cognitive**
- C. social and the biological
- D. developmental and the personality
- E. biological and the psychodynamic

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-01 The Nature of Psychology

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

228. Professor Royce studies how people form impressions of others by using fMRI scans. His research covers two areas of psychology, the

- A. cognitive and the sociocultural
- B. social and the cognitive
- C. social and the biological**
- D. developmental and the personality
- E. biological and the psychodynamic

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-01 The Nature of Psychology

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

229. Professor Royce studies how structures in the brain change over time by using fMRI scans. His research covers two areas of psychology, the

- A. cognitive and the sociocultural
- B. social and the cognitive
- C. biological and the psychodynamic
- D. developmental and the biological**
- E. humanistic and the biological

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-01 The Nature of Psychology

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

230. Professor Royce studies how people in different areas of the world think and process information. His research covers two areas of psychology, the

- A.** cognitive and the sociocultural
- B. social and the cognitive
- C. biological and the psychodynamic
- D. developmental and the biological
- E. humanistic and the biological

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-01 The Nature of Psychology

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

231. Professor Janis considers humans as free agents seeking to understand self. Which of the major perspectives does Professor Janis follow?

- A. Behavioural
- B.** Humanistic
- C. Biological
- D. Psychodynamic
- E. Cognitive

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-01 The Nature of Psychology

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

232. Professor Janis considers humans as controlled by inner forces. Which of the major perspectives Professor Janis follow?

- A. Behavioural
- B. Humanistic
- C. Biological
- D.** Psychodynamic
- E. Cognitive

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-01 The Nature of Psychology

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

233. Professor Janis considers humans as reactors to the environment. Which of the major perspectives Professor Janis follow?

- A.** Behavioural
- B. Humanistic
- C. Biological
- D. Psychodynamic
- E. Cognitive

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-01 The Nature of Psychology

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

234. Professor Janis considers humans as animals—a collection of chemicals and structures. Which of the major perspectives does Professor Janis follow?

- A. Behavioural
- B. Humanistic
- C.** Biological
- D. Psychodynamic
- E. Cognitive

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-01 The Nature of Psychology

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

235. Professor Janis is interested in humans as thinkers and wants to study their perceptions. Which of the major perspectives does Professor Janis follow?

- A. Behavioural
- B. Humanistic
- C. Biological
- D. Psychodynamic
- E.** Cognitive

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-01 The Nature of Psychology

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

236. Professor Jonas is interested in the prevention of depression in children. She examines some of the factors that can lead to depression as a result of poverty. So far she has investigated poverty in 10 different cities. This research would best be describes as
- A. research looking at mental shortcuts
 - B. basic research
 - C. applied research**
 - D. a nonsystematic research approach
 - E. research influenced by confirmation bias

Accessibility: Keyboard Navigation

Blooms: Apply

Blooms: Understand

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-05 Psychology as a Basic and Applied Science

237. You are looking to buy a new smart phone and have come to the conclusion that an iPhone is probably the best. So when you see an ad in a magazine for a Samsung, you just turn the page and ignore it. This probably reflects the operation of
- A. gathering empirical evidence
 - B. mental shortcuts
 - C. critical thinking
 - D. confirmation bias**
 - E. a self-correcting bias

Accessibility: Keyboard Navigation

Blooms: Analyze

Blooms: Apply

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-03 Thinking Critically about Behaviour

238. In one of your psychology labs, the instructor wants you to demonstrate the method of introspection. Most likely, this demonstration was to illustrate the approach known as

- A. functionalism
- B. structuralism**
- C. the psychodynamic perspective
- D. monism
- E. dualism

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

239. Which of the following is most similar to the Gestalt perspective?

- A. The psychoanalytic perspective
- B. The behavioural perspective
- C. The humanistic perspective
- D. The cognitive perspective**
- E. The sociobiological perspective

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

240. The cognitive perspective is really an extension of

- A. the psychoanalytic perspective
- B. the behavioural perspective
- C. the humanistic perspective
- D. the Gestalt perspective**
- E. the sociobiological perspective

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

241. You are examining an individual suffering from clinical depression. Your analysis is that the problem results from an undersupply of the neurotransmitter dopamine. Your conclusion is at which of the following levels of analysis?

- A.** Biological
- B. Psychological
- C. Environmental
- D. Cultural
- E. Empirical

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-17 An Example: Understanding Depression

242. You are examining an individual suffering from clinical depression. Your analysis is that the problem is due to the fact that your client is from North America. Your conclusion is at which of the following levels of analysis?

- A. Biological
- B. Psychological
- C.** Sociocultural environment
- D. Physical environment
- E. Family environment

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-17 An Example: Understanding Depression

243. You are examining an individual suffering from clinical depression. Your analysis is that the problem results from a pattern of pessimistic thinking. Your conclusion is at which of the following levels of analysis?

- A. Biological
- B. Psychological**
- C. Environmental
- D. Cognitive
- E. Applied

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-17 An Example: Understanding Depression

244. You are examining an individual suffering from clinical depression. Your analysis is that the problem results from the crowded city in which he lives. Your conclusion is at which of the following levels of analysis?

- A. Biological
- B. Psychological
- C. Environmental**
- D. Cognitive
- E. Applied

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-17 An Example: Understanding Depression

245. Your best friend is having trouble dating. You suspect that the problem stems from a fear of rejection and this fear is probably not in conscious awareness. Which of the following perspectives reflect your suspicion?

- A. Cognitive
- B. Biological
- C. Behavioural
- D. Psychoanalytic**
- E. Cultural

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

246. Your best friend is having trouble dating. You suspect that the problem stems from his past experiences with dating in which he has been constantly turned down when asking someone out on a date. This makes him feel very bad. Which of the following perspectives reflect your suspicion?

- A. Cognitive
- B. Biological
- C. Behavioural**
- D. Psychoanalytic
- E. Cultural

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

247. Your best friend is having trouble dating. You suspect that the problem stems from a fear of being rejected, since this has happened on many previous occasions. Which of the following perspectives reflect your suspicion?

- A. Cognitive
- B. Biological
- C. Behavioural**
- D. Psychoanalytic
- E. Cultural

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

248. Your best friend is having trouble dating. You suspect that the problem stems from his lack of a positive self image. Which of the following perspectives reflect your suspicion?

- A. Cognitive
- B. Biological
- C. Behavioural
- D. Psychoanalytic
- E. Humanistic**

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

249. Professor B is interested in studying bullying. She studies this in the lab by looking at dominance rankings in mouse colonies. This type of research would be best described as

- A. applied
- B. basic**
- C. clinical
- D. developmental
- E. experimental

Accessibility: Keyboard Navigation

Blooms: Analyze

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-05 Psychology as a Basic and Applied Science

250. Professor B is interested in studying bullying. She studies this in local schools who have her asked to give advice on the problem. This type of research would be best described as

- A. applied**
- B. basic
- C. clinical
- D. developmental
- E. counseling

Accessibility: Keyboard Navigation

Blooms: Analyze

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-05 Psychology as a Basic and Applied Science

251. You have decided to do a research project on media violence. The local school board has asked for you to look at the relation between watching TV violence and aggression on the school yard. They would like you to give them some recommendations. Your research would be best described as

- A. basic
- B. applied**
- C. clinical
- D. developmental
- E. counseling

Accessibility: Keyboard Navigation

Blooms: Analyze

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-05 Psychology as a Basic and Applied Science

252. You have decided to do a research projects on media violence. So you bring participants into the lab and some watch violent TV while others watch nonviolent TV. You measure how aggressive they are in a subsequent task. Your research would be best described as

- A. basic**
- B. clinical
- C. developmental
- D. applied
- E. counseling

Accessibility: Keyboard Navigation

Blooms: Analyze

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-05 Psychology as a Basic and Applied Science

253. Professor Johnson does research on memory and problem solving. Most likely, we would describe her as a(n) _____ psychologist.

- A. cognitive
- B. social
- C. experimental
- D. clinical
- E. developmental

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-19 Psychology Today

254. Professor Johnson does research on interpersonal attraction in dating couples. Most likely, we would describe her as a(n) _____ psychologist.

- A. clinical
- B. social
- C. developmental
- D. personality
- E. counseling

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-19 Psychology Today

255. Professor Johnson does research on changes in cognitive ability over time. Most likely, we would describe her as a(n) _____ psychologist.

- A. clinical
- B. social
- C. developmental
- D. cultural
- E. quantitative

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-19 Psychology Today

256. Professor Johnson does research on mathematical models of behaviour. Most likely, we would describe her as a(n) _____ psychologist.

- A. clinical
- B. social
- C. developmental
- D. cultural
- E. quantitative**

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-19 Psychology Today

257. Professor Johnson does research on perception and the visual system. Most likely, we would describe her as a(n) _____ psychologist.

- A. cognitive
- B. social
- C. experimental**
- D. clinical
- E. developmental

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-19 Psychology Today

258. Jorge and Andreas are identical twins. At age 33, Jorge has acquired the mental disorder, schizophrenia. Andreas did not. How can this be since the twins are identical?

- A. Biological factors interact with the environment.**
- B. Identical twins do not share all of their genes.
- C. Cultural factors influence psychological factors.
- D. This reflects the operation of dualism.
- E. Andreas will become schizophrenic, but much later.

Accessibility: Keyboard Navigation

Blooms: Analyze

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-18 Summary of Major Themes

259. If you were a structuralist, which of the following would best reflect a report on your study of colour vision?

- A. I notice that the cells in the eye are connected to cells in the brain.
- B. It is difficult to describe a colour because all colours are influenced by the items around it.
- C. If we see red, it is because that colour has survival value.
- D.** I see a flood of red, but it starts to fade in intensity, then slowly becomes dark or even green.
- E. Colour perception reflects the unconscious conflicts that we have not resolved.

Accessibility: Keyboard Navigation

Blooms: Analyze

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

260. Susan wants to be able to treat patients with psychological disorders. Most likely, she should pursue a degree in which of the following areas of psychology?

- A. Cognitive
- B. Developmental
- C. Personality
- D. Counselling
- E.** Clinical

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-04 Psychology Today

Topic: 01-19 Psychology Today

261. Dr. Matthews uses sophisticated imaging techniques to study the processes behind learning and memory. Most likely, we would describe Dr. Matthews as a

- A. Radical behaviourist
- B. Cognitive neuroscientist**
- C. Biological Gestaltist
- D. Behaviour geneticist
- E. Sociobiologist

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

262. A Freudian psychoanalyst is having a debate with a radical behaviourist. The debate is rather heated. Which of the following topics would they have the most disagreement on?

- A. Natural selection
- B. Self-actualization
- C. Structure of neurotransmitters
- D. The mind**
- E. The brain

Accessibility: Keyboard Navigation

Blooms: Analyze

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

263. A local psychologist is interested in the meaning and purpose that people assign to their lives. Most likely, she follows the _____ perspective.

- A. sociocultural
- B. biological
- C. humanistic**
- D. psychodynamic
- E. cognitive

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

264. A local psychologist is interested in the unconscious drives that motivate people's behaviour. Most likely, she follows the _____ perspective.

- A. sociocultural
- B. biological
- C. humanistic
- D. psychodynamic**
- E. cognitive

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

265. A local psychologist is interested in using precise observation of stimuli and responses. Most likely, he follows the _____ perspective.

- A. behavioural**
- B. biological
- C. psychodynamic
- D. cognitive
- E. sociocultural

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

266. You are a behaviourist. However, you believe that our behaviour is modified and guided by our thoughts. Your position is known as

- A. modified behaviourism
- B. positive psychology
- C. radical behaviourism
- D. cognitive behaviourism**
- E. Gestalt actualization

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

267. You are a behaviourist. However, you believe that anything you cannot measure should not be discussed or researched. Your position is known as

- A. modified behaviourism
- B. positive psychology
- C. radical behaviourism**
- D. cognitive behaviourism
- E. Gestalt actualization

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

268. Imagine that you are a functionalist involved in the study of intelligence. Which of the following questions are you most likely to ask?

- A. Does intelligence promote self-esteem?
- B. Can intelligence be rewarded?
- C. What is the nature of unconscious influence on intelligence?
- D. What parts of the brain are involved in intelligent behaviour?
- E. How does intelligence help us to adapt to the environment?**

Accessibility: Keyboard Navigation

Blooms: Analyze

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

269. Imagine that you are a structuralist involved in the study of consciousness. Which of the following questions are you most likely to ask?

- A. Does consciousness promote self-esteem?
- B. Can conscious behaviour be rewarded?
- C. What parts of the brain are involved in consciousness
- D.** Can you tell me exactly what is happening as you wake up from sleep?
- E. How does consciousness help us to adapt to the environment?

Accessibility: Keyboard Navigation

Blooms: Analyze

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

270. Imagine that you are a structuralist involved in the study of consciousness. Which of the following methods are you likely to use?

- A. Experimental design
- B.** Introspection
- C. Brain scans
- D. Monism
- E. Dualism

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

271. A radical behaviourist is having a debate with a cognitive behaviourist. On which of the following topics are they likely to disagree the most?

- A. Responses are more likely to continue if they are rewarded.
- B.** Behaviours are automatically stamped in or stamped out.
- C. Responses are less likely to continue if they are punished.
- D. The laws of learning apply to all organisms.
- E. Learning can be used to treat disorders.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

272. A radical behaviourist is having a debate with a cognitive behaviourist. They are likely to agree on most of the topics EXCEPT

- A. responses are more likely to continue if they are rewarded
- B. responses are less likely to continue if they are punished
- C. the laws of learning apply to all organisms
- D. behaviours are automatically stamped in or stamped out**
- E. learning can be used to treat disorders

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

273. People are influenced by group norms. But the amount of influence tends to be higher in a country like China than in a country like Canada. Why?

- A. Canada is not individualistic.
- B. China is more individualistic.**
- C. China is more collectivistic.
- D. China has a much larger population.
- E. Canada is more collectivistic.

Accessibility: Keyboard Navigation

Blooms: Analyze

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

274. We have often heard of the myth that we only use 10% of our brain. Why might we be convinced that this is true?

- A. Brain scans reveal that only 10% of the brain is active at any given time.
- B. There are no neurotransmitters in much of the brain.
- C. We have only mapped about 10% of the brain.
- D. A great deal of cortex can be removed with only a small loss of function.**
- E. We share 10% of our cortex with lower animals.

Accessibility: Keyboard Navigation

Blooms: Analyze

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

275. Psychologists try to establish principles that apply to all people. But this is not always the case. The principles vary. Why?

- A. Psychologists forget to account for biological factors.
- B. Basic research cannot provide stable principles.
- C. Applied research is never adequately controlled.
- D. Cognitive psychology does not address the issue of thoughts.
- E.** Our experience of the world is subjective.

Accessibility: Keyboard Navigation

Blooms: Analyze

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-18 Summary of Major Themes

276. Jesse has a genetic disorder that can result in schizophrenia. However, it is unlikely that he will have a breakdown unless his life becomes very stressful. This illustrates the concept of

- A. unconscious conflict
- B. self-actualization
- C.** interaction
- D. normative influence
- E. empirical methodology

Accessibility: Keyboard Navigation

Blooms: Analyze

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-18 Summary of Major Themes

Short Answer Questions

277. Define psychology and indicate what kinds of behaviours it studies.

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

278. What are the four goals of psychology? How are these goals linked to one another?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-04 Psychology's Goals

279. How do the goals of basic research and applied research differ?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-05 Psychology as a Basic and Applied Science

280. What are perspectives on behaviour? Cite four ways in which they can influence psychological science.

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

281. Contrast the positions of dualism and monism as they apply to the "mind-body" problem.

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-08 Psychology's Intellectual Roots

Chapter 01 - Psychology: The Science of Behaviour

282. Compare the goals and methods of structuralism and functionalism.

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

283. What causal factors are the focus of the psychodynamic perspective?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

284. What observations convinced Freud of the importance of unconscious and childhood determinants of adult behaviour?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

285. According to Freud, why are people afraid of and anxious about their sexual desires? What are defence mechanisms and what is repression?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

286. In what sense is the human in continuous internal conflict, according to Freud?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

287. What influences does Freud's theory have on contemporary psychology?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

288. What are the important causal factors in behaviour within the behavioural perspective?
How was this school of thought influenced by British empiricism?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

289. What is behaviourism? Who are the important people associated with this movement?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

290. If an individual goes to a therapist for help, how might a therapist taking a behaviourist perspective treat the individual compared to one taking a cognitive perspective?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Analyze

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

291. What is cognitive behaviourism? How does it differ from radical behaviourism?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

292. How does the humanistic conception of human nature and motivation differ from that advanced by psychoanalysis and behaviourism?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

293. If an individual goes to a therapist for help, how might a therapist taking a psychoanalytic perspective treat the individual compared to one taking a humanistic perspective?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Analyze

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

294. What is the positive psychology movement? Explain how it is a good example of taking a humanist perspective.

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-12 The Humanistic Perspective: Self-Actualization and Positive Psychology

295. What is the conception of human nature advanced by the cognitive perspective?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

296. What does gestalt mean? How does this meaning relate to the goals and findings of Gestalt psychology?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

Chapter 01 - Psychology: The Science of Behaviour

297. What is studied in the area of cognitive neuroscience?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

298. Define culture and norms. What functions does a culture serve?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

299. Contrast individualistic and collectivistic societies.

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

300. Summarize the research by Levine and his colleagues on student' beliefs about whether or not they would marry someone they didn't love. How is this a good example of the sociocultural perspective?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

301. What three classes of causal factors does the biological perspective focus on?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

302. What methods do behaviour geneticists use to investigate the role of genetic factors in animal and human behaviour?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

303. What technical developments were important in the study of brain-behaviour relations?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

304. What is meant by natural selection? What is its role in physical and behavioural evolution?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

305. According to evolutionary psychology, how do biological and behavioural evolution influence one another?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

306. According to sociobiology, what is the ultimate importance of evolved social behaviours? On what bases has this position been criticized by other theorists?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

307. What three levels of analysis allow us to incorporate causal factors suggested by each of the perspectives?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

308. What does the biological level of analysis tell us about the causes of depression?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-17 An Example: Understanding Depression

309. What kinds of psychological causal factors have been identified in depression?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-17 An Example: Understanding Depression

310. Which causal factors in depression are seen at the environmental level of analysis?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-17 An Example: Understanding Depression

311. Summarize six important themes in contemporary psychology.

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-18 Summary of Major Themes

312. What is meant by the interaction of causal factors?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-18 Summary of Major Themes

313. How does the level-of-analysis framework address the issue of whether our behaviour is primarily shaped by nature or nurture?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-18 Summary of Major Themes

314. Summarize the research by Li-Jun Ji and colleagues comparing bilingual students who spoke both English and Chinese, on a sorting task. How does the study blend the behavioural with the sociocultural perspective?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-18 Summary of Major Themes

315. Explain how the behavioural and the sociocultural perspectives use the environmental level of analysis.

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-18 Summary of Major Themes

316. Explain how the cognitive, psychodynamic and humanist perspectives tend to use the psychological level of analysis.

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-18 Summary of Major Themes

317. In what sense has psychology come "full circle" from its early focus on mental events?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Analyze

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-18 Summary of Major Themes

318. For each of the psychological perspectives, differentiate between their conceptions of human nature, major causal factors of behaviour, predominant focus and methods of behaviour.

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Analyze

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-18 Summary of Major Themes

319. Using either the study by Li-Jun Ji et al. on bilingual students performance on a sorting task or the study by Levine et al. on whether students believe they would marry someone they didn't love, explain what level(s) of analysis were being used and why?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Analyze

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-18 Summary of Major Themes

320. In what sense do depressive behaviours have biological, psychological, and environmental consequences?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-17 An Example: Understanding Depression

321. What are the four classes of academic performance enhancement strategies?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-04 Psychology Today

Topic: 01-19 Psychology Today

322. Summarize the history of Canadian Psychology Departments in various universities.

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-04 Psychology Today

Topic: 01-19 Psychology Today

323. What is the distinction between clinical psychologists and psychiatrists?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-04 Psychology Today

Topic: 01-19 Psychology Today

324. What are five major specialty areas in psychology? What is the major focus of each?

Answers will vary.

Accessibility: Keyboard Navigation
Blooms: Understand
Learning Objective: 01-04 Psychology Today
Topic: 01-19 Psychology Today

325. Describe three important principles of time management.

Answers will vary.

Accessibility: Keyboard Navigation
Blooms: Understand
Learning Objective: 01-04 Psychology Today
Topic: 01-19 Psychology Today

326. What does educational psychology research tell us about the effects of directed questions on retention of information? Why do they have these effects?

Answers will vary.

Accessibility: Keyboard Navigation
Blooms: Understand
Learning Objective: 01-04 Psychology Today
Topic: 01-19 Psychology Today

327. What kinds of strategies are used by test-wise students when they take tests?

Answers will vary.

Accessibility: Keyboard Navigation
Blooms: Understand
Learning Objective: 01-04 Psychology Today
Topic: 01-19 Psychology Today

328. Explain the five steps involved in critically evaluating a research claim.

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-03 Thinking Critically about Behaviour

329. What are the potential costs of uncritical thinking and why?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-13 The Cognitive Perspective: The Thinking Human

330. Describe the structuralism, functionalism, and Gestalt approaches to psychology. Which psychological perspective did these approaches contribute to? Be sure to mention the names of important or relevant people associated with each approach.

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-09 Early Schools: Structuralism and Functionalism

Topic: 01-13 The Cognitive Perspective: The Thinking Human

331. Using the three levels of analysis (biological, psychological, and environmental) describe what is known about depression. What has research at each of these levels revealed about this disorder?

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-17 An Example: Understanding Depression

332. Explain what science is and contrast how science differs from everyday approaches to understanding behaviour. Be sure to include how science tries to minimize the everyday pitfalls in your answer.

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-02 Psychology's Scientific Approach

Topic: 01-03 Thinking Critically about Behaviour

333. What are the four primary goals of psychology? Give examples of how these goals would relate to a psychologist who is researching test anxiety. Relate these goals to yourself by giving examples of how they apply to your own life.

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Apply

Learning Objective: 01-01 The Nature of Psychology

Topic: 01-01 The Nature of Psychology

Topic: 01-04 Psychology's Goals

334. Summarize the research by Levine and his colleagues on student' beliefs about whether or not they would marry someone they didn't love. Is this an example of basic or applied research? Explain why.

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Analyze

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

335. Describe biological, psychodynamic, and behavioural perspectives. In your answer, be sure to discuss each perspective's 1) conception of human nature, 2) assumptions about the major causes of behaviour, and 3) predominant foci and methods of discovery.

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

336. Describe the humanistic, sociocultural, and cognitive perspectives. Mention which level of analysis (biological, psychological, or environmental) the perspectives tend to utilize. Note any major similarities or differences between the perspectives.

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-13 The Cognitive Perspective: The Thinking Human

Topic: 01-14 The Sociocultural Perspective: The Embedded Human

337. What is cognitive behaviourism? Explain how this perspective blends the behavioural perspective with the cognitive perspective.

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

338. Discuss Charles Darwin's theory of evolution and the process of natural selection. Which psychological perspective is evolutionary theory associated with? Describe how evolutionary theory has continued to "evolve" in the modern approaches of evolutionary psychology and sociobiology.

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-15 The Biological Perspective: The Brain, Genes, and Evolution

339. Explore the development of the behavioural perspective by discussing the contributions of the following people on the perspective: John Locke, Ivan Pavlov, John Watson, and B.F. Skinner.

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-11 The Behavioural Perspective: The Power of the Environment

340. Define psychoanalysis and repression and discuss how they relate to Freud's conception of the mind.

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-02 Perspectives on Behaviour

Topic: 01-07 Perspectives on Behaviour

Topic: 01-10 The Psychodynamic Perspective: The Forces Within

341. Outline five of the major areas of specialization within psychology specifying the area of focus for each of these areas. Also, briefly outline the typical level of training for a psychologist and state how the training of psychologists and psychiatrists differ.

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-04 Psychology Today

Topic: 01-19 Psychology Today

342. The text specifies three levels of analysis and six perspectives on behaviour. Discuss how the six different perspectives can be related to these three levels of analysis.

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-18 Summary of Major Themes

343. Select any three of the six themes that are the foundation of psychology and explain their meaning.

Answers will vary.

Accessibility: Keyboard Navigation

Blooms: Understand

Learning Objective: 01-03 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-16 Using Levels of Analysis to Integrate the Perspectives

Topic: 01-18 Summary of Major Themes