

Practice Tests

to accompany

Benjamin B. Lahey

seventh edition



PSYCHOLOGY

an introduction

Prepared by
Robert S. Pred, Ph.D.

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Psychology:
An Introduction

Seventh Edition

Benjamin B. Lahey
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Practice Tests to accompany
PSYCHOLOGY: AN INTRODUCTION
BENJAMIN B. LAHEY

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Preface

About These Practice Tests

These multiple-choice practice tests have been compiled to give you a glimpse of the type of test questions you may encounter on the material covered in the sixth edition of *Psychology: An Introduction* by Benjamin B. Lahey. Each chapter begins with a list of learning objectives that you may use in a variety of ways. For example, you can read the objectives before reading the chapter to get an overview of the topics that you will be reading about in the text. While reading, pay attention to the terms, concepts, names, and ideas mentioned in the objectives. An answer key is provided at the end of each practice test so that you may self-score your own performance. This self-assessment activity is useful in evaluating your progress in mastering course material.

Study Tips

- ❑ First, find a quiet place to study, where you can get away from distractions such as roommates, family, television, and the phone.
- ❑ Second, try to schedule study time each day, just as you would schedule time to attend a class. If you make an appointment with yourself to study, you're more likely to follow through. Record your study times in a daily planner and carry it with you.
- ❑ Third, distribute your assigned readings on almost a daily basis over the several weeks preceding each exam, rather than attempting to read everything one or two nights prior to the exam. Studying material for a couple of hours a day is easier to manage than to try to "cram" several weeks worth of studying into a 24 hour period.
- ❑ Fourth, try to be an active learner, by self-testing your understanding of the material you are reading. Take a break to ask yourself to summarize the major points on every page you have read. You might also consider writing down some notes about what you have read. Students who simply read the text, even with highlighting, are being much more passive than students who utilize the strategies of self-testing and note-taking.
- ❑ Fifth, as you read, write down a list of questions that occur to you as you read the text. Bring your list of questions to class so that you may ask the instructor for clarification. Alternatively, you could bring your list of questions during your instructor's office hours if you are uncomfortable asking questions in class.
- ❑ Sixth, try to relate what you are learning to real life situations. For example, if you are an education major, consider ways you could apply the principles of learning (Chapter 6) and memory (Chapter 7) to your future classrooms.
- ❑ Finally, complete the practice exam for each chapter to evaluate your progress. You might also determine whether there are learning support services on your campus to offer assistance with study skill development.

I hope you have a productive semester and enjoy your introduction to psychology course. Best wishes to you in your academic career! By the way, if you have any comments about this text supplement, please send them to Robert Pred via email at: robpred@chc.edu.

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1 WHAT IS PSYCHOLOGY?

LEARNING OBJECTIVES

1. Describe Aristotle's role in the history of psychology and understand the definition of psychology.
2. Identify and define the four goals of psychology.
3. Identify and compare early views of psychology that focused on the nature of conscious experience, including Structuralists and Gestaltists, such as Wundt and Titchener, Alston, and Wertheimer.
4. Identify and compare views in psychology that focused on the functions of the conscious mental processes (functionalism), including James, Ebbinghaus, and Calkins. Also, explain functionalism's influence on the contemporary area within psychology known as cognition.
5. Describe the origins of the early psychological perspectives known as psychometrics, behaviorism, and social learning theory.
6. Identify the early views of psychologists who focused on the nature of the unconscious mind, such as Freud (psychoanalytic theory). Also, explain how Maslow and Rogers have more recently focused on the role of the unconscious in psychological problems (humanistic psychology).
7. Describe the neuroscience and sociocultural perspectives and explain their influence on contemporary psychology.
8. Identify and define the terms associated with the sociocultural perspective.
9. Describe how sociocultural factors influenced the history of psychology.
10. Describe the differences between basic and applied areas of psychology; list and describe examples of both areas.
11. Describe the relationship between psychology and psychiatry.
12. Identify the beliefs commonly shared by psychologists about human nature and behavior.

SAMPLE QUESTIONS

1. Psychology today is best described as the science of
 - a) philosophical reasoning.
 - b) introspection.
 - c) behavior and mental processes.
 - d) conscious processes.
2. Which of the following is **not** a goal of modern psychology?
 - a) to describe
 - b) to predict
 - c) to understand
 - d) to control
3. A person's mental processes would **not** include which one of the following?
 - a) private thoughts
 - b) emotions
 - c) motives
 - d) overt actions
4. What event is credited with helping psychology become recognized as a separate field of study?
 - a) the establishment of the first Laboratory of Psychology in the late 1800s
 - b) the writings of the ancient Greek philosophers such as Aristotle
 - c) the focus of the unconscious in psychological problems
 - d) the development of the perspective known as behaviorism
5. What method was used by the Structuralists to study elements of consciousness?
 - a) psychoanalysis
 - b) psychometrics
 - c) introspection
 - d) conditioning
6. The modern psychological perspective that explores the mental processes of perceiving, believing, thinking, remembering, knowing, and deciding is known as
 - a) psychoanalysis.
 - b) social learning theory.
 - c) humanistic psychology.
 - d) cognitive psychology.
7. Sigmund Freud founded and developed which school of psychology?
 - a) psychoanalysis
 - b) social learning theory
 - c) humanistic psychology
 - d) cognitive psychology

1--WHAT IS PSYCHOLOGY?

8. The psychological view that human beings possess an innate tendency to improve and determine their lives by the decisions they make is known as
 - a) neuroscience perspective.
 - b) social learning theory.
 - c) humanistic psychology.
 - d) sociocultural perspective.
9. Which modern perspective seeks to determine the extent to which our psychological characteristics, such as intelligence and emotional stability, are influenced by heredity?
 - a) neuroscience perspective
 - b) social learning theory
 - c) humanistic psychology
 - d) sociocultural perspective
10. The sociocultural perspective in psychology does **not** promote which of the following ideas?
 - a) Our personalities, beliefs, attitudes, and skills are learned from others.
 - b) It is possible to fully understand a person without first understanding his or her culture.
 - c) Not all members of a given culture, ethnic group, or gender are alike.
 - d) Knowing a person's race is often less informative than knowing his or her ethnic identity.
11. Which of the following is defined as the patterns of behavior, beliefs, and values that are shared by a group of people, from language and superstitions to moral beliefs and food preferences:
 - a) culture
 - b) ethnic identity
 - c) gender identity
 - d) self-concept
12. The view that different cultures, ethnic groups, genders, and sexual orientations are simply different from, rather than inferior to ones' own culture is known as
 - a) behaviorism.
 - b) cultural relativity.
 - c) humanism.
 - d) Gestalt psychology.
13. Women participated less than men in the early history of psychology for all the following reasons **except**
 - a) gender discrimination against women.
 - b) major research institutions originally awarded Ph.D. degrees only to men.
 - c) the existing sex-role stereotypes that discouraged married women from working.
 - d) studies in gender differences suggest women are less capable in the field of psychology.
14. The largest percentage of psychologists are engaged in what field within psychology?
 - a) developmental psychology
 - b) social and personality psychology
 - c) clinical psychology
 - d) general and biological psychology

1--WHAT IS PSYCHOLOGY?

15. Which one of the following represents a “basic” area of modern psychology?
 - a) industrial and organizational psychology
 - b) biological psychology
 - c) health psychology
 - d) clinical psychology
16. Which one of the following represents an “applied” area of modern psychology?
 - a) developmental psychology
 - b) educational and school psychology
 - c) biological psychology
 - d) cognitive psychology
17. The training for a “typical” psychologist includes all of the following **except** which one?
 - a) attended graduate school in psychology
 - b) earned a doctorate in psychology (Ph.D. or Psy.D.)
 - c) completed an internship in clinical psychology
 - d) completed residency training in psychiatry
18. The training for a “typical” psychiatrist includes all of the following **except** which one?
 - a) completed an internship in clinical psychology
 - b) earned a doctor of medicine degree (M.D.)
 - c) completed an internship in general medicine
 - d) attended medical school
19. Medical treatments and drugs for mental disorders can be prescribed by which of the following professionals?
 - a) psychiatrists only
 - b) psychologists only
 - c) licensed psychologists only
 - d) clinical social workers
20. Which of the following assumptions would **not** be used by a psychologist in the attempt to explain a patient’s behavior?
 - a) People rarely play an active part in creating their own experiences.
 - b) Behavior can be either adaptive or maladaptive.
 - c) Human beings are biological creatures.
 - d) Behavior has multiple causes.

Chapter 1 Answer Key

- | | | | |
|------|-------|-------|-------|
| 1. c | 6. d | 11. a | 16. b |
| 2. d | 7. a | 12. b | 17. d |
| 3. d | 8. c | 13. d | 18. a |
| 4. a | 9. a | 14. c | 19. a |
| 5. c | 10. b | 15. b | 20. a |

2 RESEARCH METHODS IN PSYCHOLOGY

LEARNING OBJECTIVES

1. Identify and compare the two general types of scientific methods used by psychologists.
2. Describe the role hypotheses play in the testing of psychological theories.
3. Understand why it is important that the participants who are chosen as a sample for a research study be representative of the population from which they were drawn.
4. Identify and compare the four different types of methods used in descriptive studies.
5. Understand the statistical concept of correlation as used in psychological research.
6. Discuss how researchers assess the relative strength of relationships between quantitative variables when using a coefficient of correlation.
7. Understand the implication of an obtained coefficient of correlation between two quantitative variables as being either positive or a negative.
8. Understand that correlation between variables does not necessarily imply a causal relationship between the variables.
9. Describe the differences between descriptive studies and formal experiments.
10. Explain the meaning of the types of variables used in formal experiments, including independent and dependent variables.
11. Identify and compare the purpose of the use of experimental and control groups in the conduct of formal experiments in psychology.
12. Recognize the role that random assignment plays in strengthening the validity of conclusions researchers may draw from the results of a formal experiment.
13. Discuss the role placebo groups play in formal experiments so that valid conclusions can be reached about the effects of the independent variable on the dependent variable.
14. Explain how the use of blind formal experiments are used to help rule out the possibility of experimenter bias in psychological research.
15. Understand how manipulation checks are used to see if the arrangement of the independent variable has accomplished what the researcher intended.
16. Identify and describe the five ethical principles in the conduct of research with humans proposed by the American Psychological Association.

17. Identify and describe the three ethical principles required when conducting research with animals (non-human participants) according to the American Psychological Association.

SAMPLE QUESTIONS

1. Which one of the following represents the basis of the scientific method in psychology?
 - a) simply making observations in a systematic way and following rules of evidence
 - b) simply drawing conclusions in a manner consistent with one's beliefs
 - c) simply drawing inferences based on one's personal experience
 - d) simply making observations of people encountered in public places
2. Tentative explanations of facts and relationships in sciences are known as
 - a) samples.
 - b) hypotheses.
 - c) observations.
 - d) theories.
3. A prediction based upon a theory that is tested in psychological research is known as a
 - a) sample.
 - b) hypothesis.
 - c) observation.
 - d) replication.
4. A relatively small group of participants studied in hopes of learning something that applies to every human being or animal is known as a
 - a) research method.
 - b) hypothesis.
 - c) sample.
 - d) replication.
5. Studies are valid only when a sample is selected that _____ all humans or animals.
 - a) is representative of
 - b) is atypical compared to
 - c) is unlike
 - d) consists of
6. The scientific principle that the results of formal experiments should be doubted until the same results have been found in similar experiments by other researchers is known as
 - a) descriptive method.
 - b) replication method.
 - c) survey method.
 - d) correlational method.

2--RESEARCH METHODS IN PSYCHOLOGY

7. A research method that uses interviews and questionnaires is known as the
 - a) descriptive method.
 - b) replication method.
 - c) survey method.
 - d) correlational method.
8. The careful observation and recording of behavior in real-life settings is known as
 - a) naturalistic observation.
 - b) replication method.
 - c) survey method.
 - d) correlational method.
9. Observing people while they receive help from a psychologist for their psychological problems is known as the
 - a) correlational method.
 - b) clinical method.
 - c) naturalistic observation.
 - d) survey method.
10. Which one of the following measures the strength of the statistical relationship between two quantitative variables?
 - a) correlational method.
 - b) clinical method.
 - c) naturalistic observation.
 - d) survey method.
11. The numerical expression of the strength of the statistical relationship between two quantitative variables is
 - a) survey method.
 - b) variable.
 - c) quantitative measure.
 - d) coefficient of correlation.
12. The coefficient of correlation is a numeric index that ranges
 - a) from zero to +1.00.
 - b) from -1.00 through zero to +1.00.
 - c) from one to five.
 - d) from one to ten.
13. If two variables, SAT scores and GPAs are “positively” correlated, this suggests
 - a) that there is absolutely no relationship between SAT scores and GPAs.
 - b) that persons with lower SAT scores will tend to have higher GPAs.
 - c) that persons with higher SAT scores will tend to have lower GPAs.
 - d) that persons with higher SAT scores will tend to have higher GPAs.
14. If two variables, SAT scores and weight in pounds, have zero correlation, this means
 - a) that there is absolutely no relationship between SAT scores and weight levels.
 - b) that persons with lower SAT scores will tend to have higher weight levels.
 - c) that persons with higher SAT scores will tend to have lower weight levels.
 - d) that persons with higher SAT scores will tend to have higher weight levels.

15. The finding that there is a correlation between SAT scores and GPAs suggests that
 - a) SAT scores necessarily influence GPAs in a causal way.
 - b) SAT scores do not necessarily influence GPAs in a causal way.
 - c) GPAs necessarily influence SAT scores in a causal way.
 - d) there is absolutely no relationship between SAT scores and GPAs.
16. In a formal experiment, which of the following is what the researcher arranges to allow a comparison of the participants' behavior under two or more experimental conditions?
 - a) quantitative measure
 - b) quantitative variable
 - c) independent variable
 - d) dependent variable
17. The group in a formal experiment that receives the condition of the independent variable that is hypothesized to influence the behavior of the participants is called the
 - a) experimental control.
 - b) control group.
 - c) experimental group.
 - d) placebo control.
18. The effect of a new kind of psychotherapy on levels of depression in one group of patients was found to be no different from the effect of a placebo psychotherapy on levels of depression in a second group of depressed patients. What does this suggest?
 - a) The new psychotherapy is probably ineffective in lowering depression levels.
 - b) The new psychotherapy is probably effective in lowering depression levels.
 - c) Both types of psychotherapy were effective in reducing depression levels.
 - d) The new psychotherapy should be used in clinical practice to treat depression.
19. Powerful but unintentional influences on the dependent variable caused by a researcher's interacting differently with participants in the experimental and control groups is known as
 - a) double blind.
 - b) placebo control.
 - c) placebo effect.
 - d) experimenter bias.
20. Research with animals is considered ethical by the American Psychological Association if the following conditions are met **except** for
 - a) informed consent.
 - b) necessity.
 - c) health.
 - d) humane treatment.

Chapter 2 Answer Key

- | | | | |
|------|-------|-------|-------|
| 1. a | 6. b | 11. d | 16. c |
| 2. d | 7. c | 12. b | 17. c |
| 3. b | 8. a | 13. d | 18. a |
| 4. c | 9. b | 14. a | 19. d |
| 5. a | 10. a | 15. b | 20. a |

3 BIOLOGICAL FOUNDATIONS OF BEHAVIOR

LEARNING OBJECTIVES

1. Understand the importance of the neuron and differentiate among its four components.
2. Summarize the processes of neural transmission and synaptic transmission.
3. Differentiate the central nervous system from the peripheral nervous system and explain the differences among afferent neurons, efferent neurons, and interneurons.
4. List the functions of the somatic and autonomic nervous systems and describe the roles of the sympathetic and parasympathetic divisions of the autonomic nervous system.
5. Describe the techniques that provide images of the brain and brain functions.
6. List the three major divisions of the brain and know their subcomponents.
7. Explain the basic functions of the hindbrain and midbrain.
8. Summarize the functions of the regions of the forebrain, specifically the thalamus, hypothalamus, limbic system, and cerebral cortex.
9. Know the location and functions of the four lobes and association areas of the cerebral cortex.
10. Explain how the two cerebral hemispheres communicate and describe the changes that occur if the corpus callosum is severed.
11. Discuss the role of the cerebral cortex in processing intellectual and emotional information.
12. Identify examples of the brain acting as an interactive system and explain the differences between parallel and serial processing.
13. Identify the endocrine glands and understand how the endocrine system communicates and how it regulates bodily processes.
14. Identify the hormones related to each endocrine gland and understand their functions.
15. Know the relationship between genes and chromosomes and understand how dominant and recessive genes affect physical and behavioral traits.
16. Summarize the role of twin studies and adoption studies in genetic research.
17. Understand inheritance in terms of its influence on personality development and abnormal behavior.

18. Describe the relationship between the brain and such mental disorders as schizophrenia and Alzheimer's disease.

SAMPLE QUESTIONS

1. What is the part of the neuron that contains the cell's control center or nucleus?
 - a) cell body
 - b) dendrites
 - c) axons
 - d) cell membrane
2. Which one of the following is known as the resting state of a neuron, when mostly negative ions are inside and mostly positive ions are outside the cell membrane.
 - a) all-or-none principle
 - b) action potential
 - c) polarized
 - d) depolarized
3. Which one of the following is wrapped around the axon to provide insulation and greatly improve its capacity to conduct neural impulses?
 - a) nodes of Ranvier
 - b) synaptic gap
 - c) synaptic knobs
 - d) myelin sheath
4. The small space between two adjacent neurons is known as the
 - a) nodes of Ranvier
 - b) synaptic gap
 - c) synaptic knobs
 - d) myelin sheath
5. The neurotransmitter that appears to play a central role in pleasure and reward systems in the brain is
 - a) acetylcholine.
 - b) dopamine.
 - c) serotonin.
 - d) norepinephrine.
6. Which of the following is the major division of the nervous system that consists of the brain and spinal cord?
 - a) central nervous system
 - b) peripheral nervous system
 - c) somatic nervous system
 - d) autonomic nervous system

3--BIOLOGICAL FOUNDATIONS OF BEHAVIOR

7. Which one of the following is **not** a primary function of the autonomic nervous system?
 - a) controls motivations such as hunger and thirst
 - b) controls and regulates emotions
 - c) controls essential body functions such as heartbeat, breathing, and digestion
 - d) controls skeletal muscles that control movements of the body
8. Which one of the following carries messages from the central nervous system to the skeletal muscles that control both voluntary and involuntary movements?
 - a) parasympathetic division
 - b) sympathetic division
 - c) somatic nervous system
 - d) autonomic nervous system
9. The component of the nervous system that tends to activate the visceral organs during emotional arousal or when physical demands are made on the body is the
 - a) parasympathetic division.
 - b) sympathetic division.
 - c) somatic nervous system.
 - d) autonomic nervous system.
10. Which technique detects electrical activity from the nuclei of atoms in living cells and creates accurate visual images of the anatomy of the brain, and is painless and higher in safety because it does not involve exposure to X-rays?
 - a) positron emission tomography (PET)
 - b) electroencephalogram (EEG)
 - c) electrocardiogram (ECG)
 - d) magnetic resonance imaging (MRI)
11. Which one of the following is **not** located in the area known as the hindbrain?
 - a) pons
 - b) cerebellum
 - c) cerebral cortex
 - d) medulla
12. Which of the following is a component of the forebrain that is a switching station for messages going to and from the brain and plays a role in the initial filtering and processing of sensory information?
 - a) thalamus
 - b) hypothalamus
 - c) corpus callosum
 - d) cerebral cortex
13. One of the four lobes of the cerebral cortex that plays an essential role in processing visual information from the eyes is known as the
 - a) temporal lobe.
 - b) occipital lobe.
 - c) frontal lobe.
 - d) parietal lobe.

3--BIOLOGICAL FOUNDATIONS OF BEHAVIOR

14. The two hemispheres of the brain are linked by which of the following structures to allow communication between the two halves of the cerebral cortex?
 - a) Wernicke's area
 - b) somatosensory area
 - c) corpus callosum
 - d) association areas
15. The master gland of the endocrine system is known as the
 - a) adrenal gland.
 - b) pituitary gland.
 - c) pineal gland.
 - d) thyroid gland.
16. The gland in the endocrine system that secretes the hormone cortisol, which activates the body to prepare for stressful situations and also helps regulate immunity to diseases is the
 - a) adrenal gland.
 - b) pituitary gland.
 - c) pineal gland.
 - d) thyroid gland.
17. Which of the following is **not** typically associated with the chromosomal abnormality known as Down syndrome?
 - a) mental retardation
 - b) deafness
 - c) presence of an additional 21st chromosome
 - d) thickened tongue
18. Which type of siblings share 100 percent of their genes?
 - a) brothers of brothers
 - b) sisters of sisters
 - c) monozygotic twins
 - d) dizygotic twins
19. Which one of the following has **not** been established by investigations of adopted children?
 - a) Both heredity (biological parents) and environment (adoptive parents) affect intelligence.
 - b) Their IQs are more similar to their biological than their adoptive parents.
 - c) Their IQs are more similar to their adoptive than their biological parents.
 - d) The only explanation about why their IQs are similar to the biological parents is inheritance.
20. Evidence supporting the notion that schizophrenia and other psychological disorders are not inherited per se but that the predisposition to develop these disorders is inherited would be
 - a) about 100 percent of dizygotic twins of schizophrenics also have schizophrenia.
 - b) about 50 percent of dizygotic twins of schizophrenics did not have schizophrenia.
 - c) about 100 percent of monozygotic twins of schizophrenics also have schizophrenia.
 - d) about 50 percent of monozygotic twins of schizophrenics did not have schizophrenia.