

## Chapter 01

1. Psychology is defined as the \_\_\_\_\_.
  - a. scientific study of why people do what they do
  - b. scientific study of behavior and mental processes
  - c. study of different states of consciousness
  - d. study of mental illness and its treatment

*ANSWER:* b

2. Psychology is best described as a \_\_\_\_\_.
  - a. theory
  - b. science
  - c. pseudoscience
  - d. hypothesis

*ANSWER:* b

3. Which area of study is one of the American Psychological Association's foundational areas of contemporary psychology?
  - a. Research design and statistical analysis
  - b. Psychodynamic theory
  - c. History of psychology
  - d. Developmental and social psychology

*ANSWER:* d

4. The behavior and mental processes by psychologists is understood by \_\_\_\_\_.
  - a. using the scientific method
  - b. thinking deeply about the reasons for our behavior
  - c. using common sense to understand why we do what we do
  - d. studying the behavior of people with mental illnesses

*ANSWER:* a

5. Which statement is the most accurate?
  - a. We are either left-brain or right-brain thinkers.
  - b. No new neurons develop after infancy.
  - c. Both legal and illegal drugs can cause brain damage.
  - d. During sleep, the brain rests.

*ANSWER:* c

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6. Which statement is the most accurate?
- Genes are only active during prenatal development.
  - Stress can be caused by both good and bad life events.
  - Our memory works like a video recorder.
  - People with schizophrenia have multiple personalities.

*ANSWER:* b

7. A scientific theory is a(n) \_\_\_\_.
- opinion that has very limited supporting facts
  - prediction of some future event
  - explanation of why and how a behavior occurs
  - method for testing hypotheses

*ANSWER:* c

8. A common misconception that people have about psychology is that \_\_\_\_.
- it involves the use of the scientific method
  - nearly all psychologists are involved in counseling
  - psychologists study behavior but ignore the underlying biology
  - psychologists only study abnormal behavior

*ANSWER:* d

9. The fact that “many people have misconceptions about psychology” suggests that psychology is \_\_\_\_.
- not a science
  - merely a collection of random theories
  - more than just common sense
  - rarely applicable to everyday life

*ANSWER:* c

10. Which statement is best classified as pseudo psychology?
- By visualizing that a cancerous tumor is dying, you can cure yourself of cancer without chemotherapy.
  - Research published in professional journals shows that dogs can detect the scent of certain cancers.
  - A number of studies of childhood cancers show that there can be psychological effects long after successful treatment has ended.
  - According to research, successful pain control for persons with terminal cancer is possible.

*ANSWER:* a

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11. Correlation can only be used for making predictions, not for making \_\_\_\_\_
- a third variable
  - cause-and-effect statements
  - two variables correlate
  - None of these are correct

*ANSWER:* c

12. What is the best example of a pseudo psychological finding?
- Studies show you a relationship between academic achievement and class attendance.
  - Research suggests that we tend to be attracted to people who are similar to us.
  - Surveys have found that men tend to report falling in love faster than women.
  - We use only 10% of our brains and therefore, nearly everyone is actually a genius.

*ANSWER:* d

13. Who is engaging in Think Critically?
- Thomas, who typically develops a list of pros and cons for any important decision
  - Celeste, who relies on Consumer Reports for information about which product to purchase
  - Dalton, who weighs only expert opinions when making important decisions
  - Maria, who goes with her gut when deciding which new car to buy

*ANSWER:* a

14. A scientific theory \_\_\_\_\_.
- is typically a gross oversimplification
  - rarely has a basis in experimentation
  - provides a summary to guide thinking
  - has no practical, real-life importance

*ANSWER:* c

15. The process of analyzing and evaluating information and applying it to other situations is known as \_\_\_\_\_.
- Think Critically
  - pseudo psychology
  - sensation and perception
  - human factors research

*ANSWER:* a

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16. The phrase, “Psychology has a long past, but a short history” clearly depicts the statement that
- although many negative events have characterized psychology’s past, many positive events have occurred in recent years.
  - people have always been interested in explaining behavior, but psychology did not become a science until relatively recently.
  - psychology has been a science for hundreds of years, but only recently has the general public become interested in it.
  - although psychology has existed as a science for a very long time, it is being overshadowed by more exact sciences and will not likely survive beyond the current century.

*ANSWER:* a

17. The first American woman to earn a doctorate in psychology was \_\_\_\_\_.
- Margaret Washburn
  - Karen Horney
  - Anna Freud
  - Rosalie Rayner

*ANSWER:* a

18. Psychology became a distinct field of scientific study in \_\_\_\_\_.
- 1653
  - 1776
  - 1879
  - 1928

*ANSWER:* a

19. Psychology’s birth is linked with the first psychology laboratory, which was established by \_\_\_\_\_.
- Ivan Pavlov
  - James Watson
  - Sigmund Freud
  - Wilhelm Wundt

*ANSWER:* d

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20. Wundt attempted to detail the \_\_\_\_.
- structure of our behaviors
  - function of our mental experiences
  - function of our behaviors
  - structure of our mental experiences

*ANSWER:* d

21. Personality was in part a reflection of the mix of chemicals in the body is an idea believed by
- Hippocrates.
  - Freud.
  - Wundt.
  - Titchener.

*ANSWER:* a

22. The ancient Indian texts of knowledge, *The Vedas*, describe \_\_\_\_ as energy processing centers within the body that govern physical, mental, emotional, and spiritual health.
- tantrics
  - ashtangas
  - chakras
  - ayurvedas

*ANSWER:* c

23. Edward Titchener is most associated with \_\_\_\_.
- psychoanalysis
  - introspection
  - humanism
  - behaviorism

*ANSWER:* b

24. Psychologists, who look for a physical cause for a particular behavior adopt a(n) \_\_\_\_ perspective.
- humanistic
  - sociocultural
  - biological
  - evolutionary

*ANSWER:* c

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25. The field of science that investigates the relationships between the nervous system and behavior/mental processes is \_\_\_\_\_.
- a. evolutionary psychology
  - b. psychodynamic psychology
  - c. neuroscience
  - d. behaviorism

*ANSWER: c*

26. John asserts that men are not predisposed to monogamy, because having sex with lots of women increases the likelihood that they will successfully reproduce and transmit their genes to the next generation. John's explanation is most consistent with \_\_\_\_\_ psychology.
- a. biological
  - b. psychodynamic
  - c. humanistic
  - d. evolutionary

*ANSWER: d*

27. Dr. Ali is a psychologist who believes that psychology should not attempt to understand the mind, but rather focus on understanding the observable actions in which people and animals. Dr. Ali's approach deals with \_\_\_\_\_ psychology.
- a. psychoanalytic
  - b. behavioral
  - c. functional
  - d. structural

*ANSWER: d*

28. Wilhelm Wundt is to \_\_\_\_\_ as William James is to \_\_\_\_\_.
- a. functionalism; structuralism
  - b. structuralism; functionalism
  - c. science; pseudoscience
  - d. behavioral observation; introspection

*ANSWER: b*

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29. Which statement is true with regard to the beginnings of scientific psychology?
- Wilhelm Wundt was primarily interested in studying conscious experience and mental processes.
  - John Watson used a process called introspection to examine the sensations and feelings of trained observers.
  - William James established the first scientific laboratory in Germany to study mental processes.
  - Gilbert Haven Jones was primarily interested in the function that behaviors and thoughts serve for organisms.

*ANSWER:* a

30. Psychoanalysis is a therapy developed by \_\_\_\_\_.
- Freud
  - Pavlov
  - Watson
  - Skinner

*ANSWER:* a

31. For psychology to be considered a true science, it must focus on observable behavior and not on the mind, a school of thought referred to as \_\_\_\_\_.
- environmentalism
  - behaviorism
  - structuralism
  - humanism

*ANSWER:* b

32. The psychoanalytic theory proposed by Sigmund Freud emphasized \_\_\_\_\_.
- behavior
  - self-determination
  - the unconscious mind processes
  - evolutionary processes

*ANSWER:* c

33. The assumptions about behavior originally conceived by Freud, modified by his followers, refers to as \_\_\_\_\_ perspective.
- humanistic
  - eclectic
  - psychoanalytic
  - psychodynamic

*ANSWER:* d

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34. The ideas of Sigmund Freud led to the formulation of \_\_\_\_ theory.

- a. humanistic
- b. psychoanalytic
- c. behavioral
- d. cognitive

*ANSWER:* c

35. Any object or event that is perceived by our senses is called a \_\_\_\_.

- a. diathesis
- b. reinforcer
- c. stimulus
- d. sensation

*ANSWER:* b

36. What happened to Little Albert?

- a. He was conditioned to be afraid of a white rat.
- b. He underwent extensive psychoanalysis.
- c. He learned to press a lever to get candy.
- d. He suffered brain damage from a terrible accident.

*ANSWER:* a

37. The dominant force in American psychology from the early 1920s until the 1960s was \_\_\_\_.

- a. psychoanalytic theory
- b. structuralism
- c. humanism
- d. behaviorism

*ANSWER:* d

38. Behaviorism is a psychological perspective that emphasizes the study of \_\_\_\_.

- a. observable actions
- b. unconscious mental processes
- c. conscious mental processes
- d. feelings of self-worth and potential

*ANSWER:* a

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39. Your psychology teacher believes that for psychology to be truly scientific, it must focus on observable and measurable actions. Your teacher is most likely a \_\_\_\_.
- a. behaviorist
  - b. humanist
  - c. psychoanalytic theorist
  - d. clinical psychologist

*ANSWER:* a

40. Discontent with behaviorism was partially responsible for the emergence of \_\_\_\_ in the 1960s.
- a. humanism
  - b. psychoanalytic theory
  - c. the physiological perspective
  - d. functionalism

*ANSWER:* a

41. Two well-known humanists are \_\_\_\_.
- a. Sigmund Freud and Alfred Adler
  - b. Carl Rogers and Abraham Maslow
  - c. John Watson and B.F. Skinner
  - d. Wilhelm Wundt and Edward Titchener

*ANSWER:* b

42. As a therapist, Dr. Mark helps clients recognize their own inner potential to reach personal goals. Dr. Mark is best described as a \_\_\_\_.
- a. psychodynamist
  - b. psychoanalyst
  - c. behaviorist
  - d. humanist

*ANSWER:* d

43. The school of psychology with which Martin Seligman is associated with is \_\_\_\_.
- a. behaviorism
  - b. psychodynamic psychology
  - c. humanism
  - d. positive psychology

*ANSWER:* d

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44. Which progression best represents the historical order in which these psychological perspectives were developed?
- Psychoanalytic theory, humanism, and structuralism
  - Structuralism, behaviorism, and humanism
  - Humanism, psychoanalytic theory, and cognitive psychology
  - Behaviorism, structuralism, and psychoanalytic theory

*ANSWER:* b

45. Which psychological perspective studies about memory, problem solving, and decision making?
- Humanism
  - Psychodynamic theory
  - Behaviorism
  - Cognitive psychology

*ANSWER:* d

46. Cognitive psychologists acknowledge that mental processes are not directly observable to the eye, but assert that they \_\_\_\_.
- are at least as important as unconscious processes
  - can be inferred from performance data
  - are still primarily the result of biological influences
  - cannot be indirectly observed either

*ANSWER:* b

47. Anxiety is related to chemicals in the body/brain or gene is clearly explained by \_\_\_\_\_ perspective.
- psychodynamic
  - behavioral
  - evolutionary
  - biological

*ANSWER:* b

48. Your psychology professor studies processes like thought, memory, and knowledge. What type of psychologist is she?
- Psychoanalytic
  - Cognitive
  - Humanist
  - Behaviorist

*ANSWER:* b

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49. The emphasis on human strengths and the methods by which humans attain happiness is explained by \_\_\_\_\_.
- functionalism
  - psychoanalysis
  - positive psychology
  - cognitive psychology

*ANSWER: c*

50. Who is the leader in the field of positive psychology?
- Ed Diener
  - Carl Rogers
  - Abraham Maslow
  - Max Wertheimer

*ANSWER: a*

51. A focus on genetics, biochemical, and brain functioning of humans characterizes the \_\_\_\_ perspective.
- sociocultural
  - humanistic
  - biological
  - behavioral

*ANSWER: a*

52. A psychologist from a biological perspective would most likely focus on the \_\_\_\_\_.
- environment
  - self
  - brain
  - unconscious

*ANSWER: c*

53. A therapist who helps clients diagnosed with depression works on changing their perception of things how they think and perceive the world. Which perspective is incorporated?
- Behavioral
  - Cognitive
  - Sociocultural
  - Humanistic

*ANSWER: b*

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54. The psychodynamic perspective is derived from \_\_\_\_ theory.

- a. psychoanalytic
- b. humanistic
- c. behavioral
- d. cognitive

*ANSWER:* a

55. Most psychologists take an eclectic approach when explaining behavior. This means to \_\_\_\_\_ and provide a more complete and complex picture of behavior.

- a. rigidly follow one perspective
- b. integrate several perspectives
- c. reject the perspective that is currently most popular
- d. focus on the perspective that best fits the majority of people

*ANSWER:* b

56. A therapist who uses a cognitive approach with depressed clients and a behavioral approach with phobic clients would be described as \_\_\_\_\_.

- a. inconsistent
- b. bidirectional
- c. eclectic
- d. incompetent

*ANSWER:* c

57. The diversity between groups of individuals is clearly defined by the \_\_\_\_ perspective.

- a. psychodynamic
- b. cognitive
- c. biological
- d. sociocultural

*ANSWER:* c

58. The focus on \_\_\_\_\_ explains the sociocultural and behavioral perspectives.

- a. the self
- b. environment
- c. mental processes
- d. the unconscious

*ANSWER:* b

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59. Viewing a traffic jam as a potential environmental threat to one's survival most closely fits into which psychological approach?
- Psychodynamic
  - Behavioral
  - Humanistic
  - Evolutionary

*ANSWER: d*

60. What is one difference between a developmental psychologist and a clinical psychologist?
- Clinical psychologists are more likely to do research.
  - Developmental psychologists are more likely to have a Psy.D. degree.
  - Clinical psychologists are more likely to be a therapist.
  - Developmental psychologists are more likely to only have a bachelor's degree.

*ANSWER: c*

61. Which of the following psychologists is most likely a therapist?
- An educational psychologist
  - A counseling psychologist
  - A developmental psychologist
  - A forensic psychologist

*ANSWER: b*

62. Aisha wants to study how individuals interact with and influence each other. She should probably go into \_\_\_\_.
- social psychology
  - developmental psychology
  - cross-cultural psychology
  - personality psychology

*ANSWER: a*

63. Which area is most likely to be the focus of an experimental psychologist?
- Laboratory research to examine the effect of positive reinforcement on learning in rats
  - Observation of children to determine their rate of aggressive acts
  - Research examining the effects of prolonged stress on the human body
  - Testing to develop a valid test of personality and its change over time

*ANSWER: a*

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64. Anxiety is the product of unresolved feelings of hostility, guilt, anger, or sexual attraction experienced in childhood. The psychological perspective is \_\_\_\_\_.
- a. behavioral
  - b. sociocultural
  - c. psychodynamic
  - d. humanistic

*ANSWER: c*

65. Herb is a psychologist who works for a major food manufacturer. He helps the company by studying factors of the work environment, employees, and management that enhance or detract from productivity. Herb is most likely a(n) \_\_\_\_\_ psychologist.
- a. social
  - b. industrial/organizational
  - c. cross-cultural
  - d. health

*ANSWER: b*

66. Susanne is a psychologist who studies love and romantic attraction. She is most likely a \_\_\_\_\_ psychologist.
- a. social
  - b. cross-cultural
  - c. personality
  - d. biological

*ANSWER: a*

67. Dr. Kahlo is a psychologist who is studying parenting techniques in the United States, Nigeria, Cuba, and Poland. She is interested in determining if fathers play a different role in child rearing in these countries. Dr. Kahlo is most likely a \_\_\_\_\_ psychologist.
- a. social
  - b. personality
  - c. developmental
  - d. cognitive

*ANSWER: c*

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68. Jermaine is a psychologist who works at a major urban hospital to develop stress management plans for people who have recently had open-heart surgery. Jermaine is most likely a \_\_\_\_ psychologist.
- a. clinical
  - b. counseling
  - c. health
  - d. forensic

*ANSWER: c*

69. Dr. Zigrang is a psychologist, studying how children's ability to do mathematics changes between the ages of 4 and 12. Dr. Zigrang is a(n) \_\_\_\_ psychologist.
- a. psychobiological
  - b. developmental
  - c. counseling
  - d. industrial/organizational

*ANSWER: b*

70. Liam is a psychologist who helps athletes get the most out of their athletic potential by focusing on their internal motivation and relationships with teammates. Most likely, Liam is a(n) \_\_\_\_ psychologist.
- a. sports
  - b. personality
  - c. athletic
  - d. clinical

*ANSWER: a*

71. Dr. Green is a psychologist working for a major steel manufacturing company. Dr. Green advises the company on how best to motivate its employees to be productive and follow safety regulations on its plants. Dr. Green is a(n) \_\_\_\_ psychologist.
- a. industrial/organizational
  - b. forensic
  - c. health
  - d. counseling

*ANSWER: a*

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72. The material in the textbook on gender and ethnicity in the field of psychology suggests that \_\_\_\_.
- although minorities and women have been involved in psychology for many years, they are still underrepresented in many areas of the field
  - unlike other fields where women and minorities are outnumbered, in psychology, women and minorities outnumber men and Caucasians
  - while men outnumber women earning doctorates in psychology, Caucasians outnumber minorities
  - while minorities outnumber Caucasians within the ranks of employment in psychology, men outnumber women

*ANSWER:* a

73. Research that demonstrated that Black children often preferred playing with a White doll than a Black doll was cited in *Brown v. Board of Education of Topeka*, in which the Supreme Court ruled that segregation of public schools was unconstitutional. Who conducted this research?
- Martin Seligman and Ed Diener
  - Kenneth Clark and Mamie Phipps Clark
  - Abraham Maslow and Carl Rogers
  - Abraham Maslow and Carl Rogers

*ANSWER:* b

74. The first female president of the American Psychological Association was \_\_\_\_.
- Karen Horney
  - Mary Calkins
  - Elizabeth Loftus
  - Anna Freud

*ANSWER:* b

75. Which statement is TRUE regarding women and/or ethnic minorities in the field of psychology?
- Women did not make any significant contributions to the field of psychology until the last 50 years.
  - Ethnic minorities did not make any significant contributions to the field of psychology until the last 50 years.
  - Although ethnic minorities made significant contributions in psychology from the very beginning, women did not make any contributions until the last 50 years.
  - Both women and ethnic minorities made significant contributions to the field of psychology from the early years of its history.

*ANSWER:* b



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76. The first African American to earn a doctorate in psychology was \_\_\_\_.

- a. Francis Sumner
- b. Gilbert Haven Jones
- c. Kenneth Clark
- d. Inez Prosser

*ANSWER:* b

77. Who conducted important research on color vision in the 1920s?

- a. Karen Horney
- b. Christine Ladd-Franklin
- c. Francis Sumner
- d. Inez Prosser

*ANSWER:* b

78. The Ph.D. in psychology focuses more on \_\_\_\_, while the Psy.D. concentrates more on \_\_\_\_.

- a. clinical training; research
- b. psychological assessment; experimentation
- c. research; clinical training
- d. therapy; research

*ANSWER:* b

79. You are advising a friend on her career choice. She says that she wants to be a psychologist. Knowing this, you should advise your friend that the highest level of degree that she will likely need to earn is a(n) \_\_\_\_ degree.

- a. associate's
- b. bachelor's
- c. master's
- d. doctoral

*ANSWER:* d

80. A person with a bachelor's degree in psychology would most likely be excluded from \_\_\_\_.

- a. providing social services
- b. rendering independent psychotherapy
- c. serving as a research assistant
- d. working in public relations

*ANSWER:* b

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81. Which statement is TRUE regarding psychiatrists?
- Psychiatrists typically obtain a Ph.D. degree.
  - Psychiatrist and clinical psychologist are two names for the same profession.
  - Psychiatrists do not counsel their clients.
  - Psychiatrists can prescribe medications to their clients.

*ANSWER:* d

82. One of the four goals of psychology is to \_\_\_\_.
- replicate
  - observe
  - interpret
  - predict

*ANSWER:* d

83. Which of the following correctly lists the four goals of psychology?
- Observe, interpret, correlate, replicate
  - Monitor, survey, associate, experiment
  - Describe, predict, explain, control
  - Extract, inventory, analyze, change

*ANSWER:* c

84. Which goal of psychology explains that the therapists and sports psychologists use psychology in order to help people change their behavior?
- Description
  - Prediction
  - Explanation
  - Control

*ANSWER:* d

85. Dr. O'Neill is interviewing parents about how they discipline their children in an attempt to outline the difference between normal levels of punishment and abuse. Dr. O'Neill is attempting to satisfy which goal of psychology?
- Describing behavior
  - Predicting behavior
  - Explaining behavior
  - Controlling behavior

*ANSWER:* a

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86. Dr. Haupt has discovered that often, abusive parents themselves had parents who used harsh physical punishment on them. Having discovered this will most likely allow Dr. Haupt to fulfill which goal of psychology?
- Predicting behavior
  - Describing behavior
  - Controlling behavior
  - Explaining behavior

*ANSWER:* a

87. Psychology is considered a science because it \_\_\_\_.
- relies on technology to conduct research
  - uses a set of rules to gather and analyze information
  - has generated a series of proven theories
  - conducts laboratory and basic research studies

*ANSWER:* b

88. The scientific method is used by \_\_\_\_.
- all scientists, including psychologists
  - the physical but not behavioral or social sciences
  - experimental psychologists and scientists only
  - medical scientists only

*ANSWER:* a

89. The first step of the scientific method is to \_\_\_\_.
- form a testable hypothesis
  - analyze the data
  - choose a research method
  - make predictions about behavior

*ANSWER:* d

90. Which progression represents the correct sequence of steps in the scientific method?
- Make predictions, form a hypothesis, choose a research strategy, conduct a study, analyze the data
  - Conduct a study, analyze the data, form a hypothesis, publish conclusions, obtain feedback
  - Choose a research strategy, determine desired results, conduct a study, form a hypothesis, analyze data
  - Develop a theory, conduct an experiment to test the theory, analyze data, publish data

*ANSWER:* a

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91. Psychologists usually attempt to determine whether or not data support a hypothesis through the use of \_\_\_\_.
- intuition
  - statistics
  - reason
  - polygraphs

*ANSWER:* b

92. A hypothesis is \_\_\_\_.
- a statement describing the actual outcome of an experiment
  - the question that forms the foundation for a particular study
  - a statement describing what the researchers expect to find in a study
  - a type of research method that involves experimentation

*ANSWER:* c

93. Dr. Abaee wants to use the scientific method. What is his first task?
- Develop a hypothesis.
  - Propose a theory.
  - Design an experiment.
  - Make predictions.

*ANSWER:* d

94. After making a prediction, the next step in the scientific method is to \_\_\_\_.
- conduct a study
  - analyze the data
  - form a testable hypothesis
  - develop a theory

*ANSWER:* c

95. Hypotheses can be classified into two categories such as
- analytical and anecdotal.
  - accidental and purposeful.
  - controllable and uncontrollable.
  - predictive and causal.

*ANSWER:* d

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96. The two goals of psychology addressed in predictive hypotheses are \_\_\_\_\_.
- understanding and predicting
  - testing and controlling
  - describing and predicting
  - manipulating and controlling

*ANSWER:* c

97. Which statement illustrates a causal hypothesis?
- Students who get more sleep do better on tests.
  - The amount of alcohol consumed will influence the ability to walk a straight line.
  - There is a relationship between the number of hot dogs people eat and their rate of cancer.
  - Shorter men tend to have higher incomes than taller men.

*ANSWER:* b

98. In order to test causal hypotheses, the researcher must use \_\_\_\_\_.
- case studies
  - experiments
  - naturalistic studies
  - correlational studies

*ANSWER:* b

99. Dr. Lowrey is testing the hypothesis that the more educated a person is, the more money he or she will earn. Dr. Lowrey is testing a \_\_\_\_\_ hypothesis
- true
  - causal
  - predictive
  - factual

*ANSWER:* c

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100. Dr. Masood is conducting an experiment in which she is testing the effect of video game playing on the ability to think creatively. One group of children plays video games for two hours a day in a week, another group of similar children plays video games for a total of two hours in a week, and a third group of children do not play video games at all. All three groups of children then take a test measuring their creativity. The hypothesis that Dr. Masood is testing is best described as a \_\_\_\_ hypothesis.

- a. predictive
- b. control
- c. causal
- d. behavioral

*ANSWER: c*

101. Causal hypotheses is most closely associated with which goal of psychology?

- a. Analysis
- b. Prediction
- c. Explanation
- d. Description

*ANSWER: c*

102. Causal hypotheses can only be tested when the researcher has the ability to \_\_\_\_ the main variables of the study.

- a. predict or assess
- b. control or manipulate
- c. identify or understand
- d. estimate or measure

*ANSWER: c*

103. The hypothesis, "Having an efficient digestive system will lead to obesity in rats," is an example of a(n) \_\_\_\_ hypothesis.

- a. predictive
- b. causal
- c. factual
- d. Untestable

*ANSWER: c*

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104. Random sampling is used by researchers to obtain a(n) \_\_\_\_\_.

- a. population of interest
- b. experimental sample
- c. control group
- d. representative sample

*ANSWER:* b

105. If you have to do a research project for your psychology class and you use your roommates and family members as participants, you are using a \_\_\_\_\_.

- a. sample of convenience
- b. control sample
- c. random sample
- d. representative sample

*ANSWER:* a

106. Samples of convenience are \_\_\_\_\_.

- a. unacceptable in psychology
- b. not random
- c. best for experiments
- d. especially useful for causal hypotheses

*ANSWER:* b

107. When conducting their research, psychologists attempt to obtain a \_\_\_\_\_ that is representative of their \_\_\_\_\_.

- a. population of interest; sample
- b. sample; population of interest
- c. control group; experimental group
- d. experimental group; control group

*ANSWER:* b

108. Reactivity presents the biggest problem in \_\_\_\_\_.

- a. case studies
- b. experiments
- c. archival studies
- d. naturalistic observations

*ANSWER:* d

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## Chapter 01

109. Naturalistic observations are predominantly used to achieve the goals of \_\_\_\_\_.

- a. prediction and control
- b. explanation and prediction
- c. description and prediction
- d. explanation and control

*ANSWER: c*

110. A case study involving a person with 53 different personalities, although valuable in some ways, is unlikely to be \_\_\_\_\_.

- a. accountable
- b. valid
- c. significant
- d. generalizable

*ANSWER: d*

111. One of the biggest disadvantages of case studies is a lack of \_\_\_\_\_.

- a. depth and breadth of detail
- b. generalizability
- c. usefulness with rare conditions
- d. flexibility

*ANSWER: b*

112. What do naturalistic observations, case studies, and correlational studies all have in common?

- a. They are used to test causal hypotheses.
- b. They do not allow the researcher to control the main variables in the study.
- c. They are most likely to be used by biological psychologists.
- d. They are all nonscientific.

*ANSWER: b*

113. Dr. Kushman is doing an in-depth study on one of his clients who has had a significant change in personality since being hit in the head by a foul ball at a baseball game. Dr. Kushman is conducting a \_\_\_\_\_.

- a. naturalistic observation
- b. survey
- c. case study
- d. experiment

*ANSWER: c*

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Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

## Chapter 01

114. Survey data are often used to test \_\_\_\_ hypotheses.

- a. predictive
- b. causal
- c. factual
- d. experimental

*ANSWER:* a

115. A correlation coefficient is a number that indicates \_\_\_\_.

- a. the degree of causation between one variable and another
- b. the amount of difference between two pieces of data
- c. the strength of a relationship between two factors
- d. whether a particular result is statistically significant or not

*ANSWER:* c

116. Which correlation coefficient would best fit in finding that as variable A increases, variable B increases almost to the same degree?

- a. +.80
- b. -.20
- c. +.20
- d. -.80

*ANSWER:* a

117. Suppose that Dr. Poonnamalee finds a correlation of +.68 between the amount of humor professors use and the grades that students earn in their classes. What can he appropriately conclude from this finding?

- a. There is no meaningful relationship between these two variables.
- b. Greater use of humor is associated with higher grades.
- c. Greater use of humor is associated with lower grades.
- d. Humor, or the lack of it, causes student grades to be higher or lower.

*ANSWER:* b

118. Students who spend more hours in study groups tend to do better in their classes, as measured by their GPAs. This association would be an example of \_\_\_\_.

- a. negative correlation
- b. positive correlation
- c. cause-and-effect relationship
- d. chance event

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*ANSWER:* b

## Chapter 01

119. A negative correlation describes a relationship in which \_\_\_\_\_.  
a. one variable has no effect on another variable  
b. one variable decreases while another variable increases  
c. two variables increase together  
d. two variables decrease together

*ANSWER:* b

120. The two main features of an experiment are \_\_\_\_\_.  
a. hypothesis formation and data collection  
b. random assignment and control  
c. prediction and manipulation  
d. data collection and statistical analysis

*ANSWER:* b

121. If a research study involves the manipulation of one of the main variables, the study is most likely a(n) \_\_\_\_\_.  
a. experiment  
b. case study  
c. correlational study  
d. naturalistic observation

*ANSWER:* a

122. The point of an experiment is to \_\_\_\_\_.  
a. observe what happens in a natural environment  
b. ask predetermined questions and record the responses  
c. determine if one variable is associated with another variable  
d. manipulate one variable to see its effects on another variable

*ANSWER:* d

123. The independent variable is to the dependent variable as \_\_\_\_\_ is to \_\_\_\_\_.  
a. uncontrolled; controlled  
b. cause; effect  
c. criterion; predictor  
d. outcome; input

*ANSWER:* b

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## Chapter 01

124. Which statement is TRUE regarding the independent variable in an experiment?

- a. It is the variable that the experimenter manipulates.
- b. It is the effect that is a constant.
- c. It is the effect in the experiment.
- d. It is the variable that is allowed to vary on its own.

*ANSWER:* a

125. The dependent variable \_\_\_\_\_.

- a. is the variable manipulated by the experimenter
- b. is the cause of the outcome
- c. needs to be controlled by the experimenter
- d. shows the effect of the manipulation

*ANSWER:* d

126. Consider an experiment in which participants watch various types of TV programs and are then observed while playing a physical game to determine the number of aggressive acts they commit. In this example, the dependent variable would be the \_\_\_\_\_.

- a. gender of the participants
- b. game played by the participants
- c. type of TV programming watched
- d. number of aggressive acts observed

*ANSWER:* d

127. Dr. Ikeda conducts an experiment on the effect of physical beauty on being hired for a job, and has both attractive and unattractive individuals apply for the same job. However, he fails to control the possibility that the attractive applicants have better resumes. In this case, the quality of the resumes is considered a(n) \_\_\_\_\_.

- a. confounding variable
- b. dependent variable
- c. experimental variable
- d. independent variable

*ANSWER:* a

## Chapter 01

128. In \_\_\_\_\_, neither experimenters nor participants know whether the participant is in the experimental or control group.
- double-blind studies
  - case studies
  - naturalistic observation
  - survey research

*ANSWER:* a

129. The fact that many psychological studies are conducted using college students as participants is relevant, while considering \_\_\_\_\_.
- how important it is to obtain a college education
  - the popularity of psychology as a major in college
  - if the results can be generalized to the rest of the population
  - if the scientific method was actually followed in the administration of the study

*ANSWER:* c

130. Dr. Bozzo wants to test the hypothesis that eating a high protein diet leads to greater weight loss than a high carbohydrate diet. Which type of research design would Dr. Bozzo most likely use?
- An experiment
  - A survey
  - Naturalistic observation
  - A correlational study

*ANSWER:* a

131. To make sure that groups of participants in an experiment are not generally different from each other before the experiment begins, the experimenter \_\_\_\_\_.
- uses an objective observer to assign participants to groups
  - uses random assignment to assign participants to groups
  - assigns participants to groups by himself or herself without interference by anyone else
  - assigns participants to groups on the basis of an unimportant trait such as hair color

*ANSWER:* b

132. In a random sample, \_\_\_\_\_.
- the independent variable is administered randomly to the participants in the study
  - participants are chosen to be included in the study based on personal characteristics
  - participants are taken on a volunteer basis only
  - every member of the population has an equal chance of being a participant in the study

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*ANSWER:* d

## Chapter 01

133. Random assignment is to \_\_\_\_ as random sampling is to \_\_\_\_.
- a. control of confounding variables; representative population
  - b. representative population; control of confounding variables
  - c. experiment; quasi-experiment
  - d. quasi-experiment; experiment

*ANSWER:* a

134. Quasi-experiments are studies which \_\_\_\_.
- a. rely on surveys and naturalistic observations
  - b. involve random assignment, but no manipulation of the main variables
  - c. involve random sampling, but no manipulation of the main variables
  - d. involve manipulation of the main variables, but no random assignment

*ANSWER:* d

135. What is an important disadvantage of experiments?
- a. Experiments do not do a good job of explaining the relationships between the variables studied.
  - b. Experiments require a great deal of technology to conduct, which makes them more expensive to conduct than other types of studies.
  - c. Some experiments cannot be conducted because to do so would be unethical.
  - d. The American Psychological Association requires that only those with doctoral degrees can conduct experiments, which means that many people cannot do them.

*ANSWER:* c

136. Dr. Townsend wants to test the hypothesis that being tall for your age predicts that you will be shy. Which of the following types of research would Dr. Townsend be least likely to use?
- a. An experiment
  - b. A case study
  - c. Naturalistic observation
  - d. A correlational study

*ANSWER:* a

## Chapter 01

137. Dr. Ford wants to test the hypothesis that room color can affect memory. To that end, he randomly assigns 10 students to a condition where they study a written passage while seated in a room that is painted a lilac color. The other 10 students study the passage while seated in an identical room that is painted bright orange. After both groups studied the passage for one hour, they are given a multiple-choice test over the material. Dr. Ford then calculates how many questions the students in both groups answer correctly. Dr. Ford's study is an example of a(n) \_\_\_\_.
- correlational study
  - naturalistic observation
  - experiment
  - case study

*ANSWER: c*

138. Dr. Ford wants to test the hypothesis that room color can affect memory. To that end, he randomly assigns 10 students to a condition where they study a written passage while seated in a room that is painted a lilac color. The other 10 students study the passage while seated in an identical room that is painted bright orange. After both groups studied the passage for one hour, they are given a multiple-choice test over the material. Dr. Ford then calculates how many questions the students in both groups answer correctly. In Dr. Ford's study, the independent variable is \_\_\_\_.
- the people who studied the passage while seated in the lilac room
  - the color of the room in which the students studied the passage
  - the test scores of the students
  - whether or not the students were able to recall information about the passage

*ANSWER: b*

139. Dr. Ford wants to test the hypothesis that room color can affect memory. To that end, he randomly assigns 10 students to a condition where they study a written passage while seated in a room that is painted a lilac color. The other 10 students study the passage while seated in an identical room that is painted bright orange. After both groups studied the passage for one hour, they are given a multiple-choice test over the material. Dr. Ford then calculates how many questions the students in both groups answer correctly. In Dr. Ford's study, a potential confounding variable is the \_\_\_\_.
- students' test scores
  - color of the room in which the students studied the passage
  - age of the students
  - random assignment to groups

*ANSWER: c*

## Chapter 01

140. Dr. Ford wants to test the hypothesis that room color can affect memory. To that end, he randomly assigns 10 students to a condition where they study a written passage while seated in a room that is painted a lilac color. The other 10 students study the passage while seated in an identical room that is painted bright orange. After both groups studied the passage for one hour, they are given a multiple-choice test over the material. Dr. Ford then calculates how many questions the students answer correctly. He finds that students in the lilac-room condition score much better than the students in the orange-room condition. Based on this study, what can Dr. Ford conclude?
- Room color predicts, but does not cause a change in, memory performance.
  - Room color causes a change in memory performance.
  - Students like cool colors better than warm ones.
  - Warm colors make students angry.

*ANSWER:* b

141. Problematic variables that can lead to alternative explanations for the results of a study are called \_\_\_\_ variables.
- independent
  - confounding
  - dependent
  - experimental

*ANSWER:* b

142. Lamont is a researcher at a university, who wants to do a study to determine if use of alcohol predicts motor skill performance in college students. Before conducting this study, Lamont should have his study approved by the \_\_\_\_.
- faculty senate at his school
  - company making the drink used in his study
  - student government association at his school
  - institutional review board at his school

*ANSWER:* d

143. Prior to participation in a psychological study at your college, you are given information that clarifies the obligations and responsibilities of both you and the researcher in the study. This fulfills the ethical requirement that all psychological studies include \_\_\_\_.
- informed consent
  - debriefing
  - confidentiality
  - complete disclosure of any deception

*ANSWER:* a

## Chapter 01

144. An organization conducted by psychologists that establishes the ethical guidelines for research is \_\_\_\_\_.
- American Medical Foundation
  - American Civil Liberties Union
  - American Psychological Association
  - Society of Psychological Scientists

*ANSWER:* c

145. The fundamental principle of ethical practice is \_\_\_\_\_.
- compensation to participants
  - debriefing participants only if they are at risk
  - research design by an institutional board
  - informed consent

*ANSWER:* d

146. When can the research participants may withdraw from a study?
- Participants may withdraw at any time in a study.
  - Once participants have signed the informed consent, they must finish the study.
  - If participants have not completed more than half of the study, they may withdraw.
  - If participants compensate the researcher for time lost, they may withdraw from the study.

*ANSWER:* a

147. Debriefing is \_\_\_\_\_.
- done with participants prior to their participation in a psychological study
  - the attempt to fully disclose the true purposes and nature of a psychological study
  - the process of eliminating extra variables from a research study
  - the process of adding extra variables to a research study to improve generalizability

*ANSWER:* b

148. Assuming that Stanley Milgram's obedience study was not ethical by today's standards, at what point in the procedures established to ensure appropriate ethics, would his study have been discontinued?
- Immediately after informed consent was obtained
  - Immediately after debriefing occurred
  - After the study, but before it was published
  - Immediately after review by the Institutional Review Board

*ANSWER:* d



## Chapter 01

149. The use of deception in psychological research satisfies the following statement.
- Even if deception is used, researchers do not have an obligation to inform the participants.
  - Deception is no longer allowed in any psychological research.
  - Deception is allowed as long as it is justifiable and participants are debriefed appropriately.
  - If deception is used, participants must be informed at least generally about it before they consent to participate.

*ANSWER: c*

150. Suppose that immediately after participating in a psychological study, you are dismissed without any interaction with the experimenter or a representative. What element of ethical psychology research has probably been excluded?
- Debriefing
  - Informed consent
  - Presentation of results
  - Socialization period

*ANSWER: a*

151. Bea is a researcher working in the area of human sexuality. She conducts a survey to determine how often the average person has sex. In doing this survey, Bea does not have her participants put their name on the survey. Rather, she assigns each participant a number. In doing this, Bea is upholding the ethical rule which states that participants have a right to \_\_\_\_.
- informed consent
  - confidentiality
  - use deception
  - debriefing

*ANSWER: b*

152. In the past, how might the involvement of women and minorities in psychological research be best characterized?
- Minorities were overly represented as participants.
  - Women and minorities were neglected as participants in studies.
  - White males were studied more than women, but less than minorities.
  - White males, women, and minorities were studied about the same.

*ANSWER: b*

## Chapter 01

153. LaDonna is a researcher who studies the behavior of rats. LaDonna \_\_\_\_.
- does not have to worry about the ethics of her studies
  - must obtain outside funding for her research
  - still has to follow the ethical guidelines set forth by the APA and federal government
  - still must get informed consent

*ANSWER: c*

154. Dr. Honani is studying conceptual learning among monkeys. What ethical obligations does he have towards these primates?
- He must act ethically, but his research does not need to be reviewed.
  - He must obtain informed consent, as primates are intelligent beings.
  - He must pay attention to the primates' physical and psychological well-being.
  - Neither the APA nor the federal government provide ethical standards for animal research.

*ANSWER: c*

155. Which statement is true about animal research and our understanding of psychological issues?
- Animal research has no informed understanding of psychological issues because animals are so fundamentally different from humans.
  - Animal research has informed our understanding of psychological issues because there are not any ethical guidelines restricting the study of animals.
  - Animal research has informed understanding of psychological issues and ethical guidelines to protect the animal participants in such research.
  - Animal research is not part of the science of psychology, which deals only with human behavior.

*ANSWER: c*

156. What is the responsibility of a researcher who conducts psychological studies on animals?
- Allowing regular inspection by animal rights groups
  - Formation of a group to rehome the animals when the research is complete
  - Training the animals for a new home once the research is complete
  - Justification of painful procedures used on the animals

*ANSWER: d*

## Chapter 01

157. Whose research focused on environmental and cultural factors that influence personality development?

- a. Karen Horney
- b. Christine Ladd-Franklin
- c. Francis Sumner
- d. Inez Prosser

*ANSWER:* a

158. Who is known as the father of African American psychology?

- a. Karen Horney
- b. Christine Ladd-Franklin
- c. Francis Sumner
- d. Inez Prosser

*ANSWER:* c

159. Which of the following statements is not a pseudo psychology claim?

- a. Transplant organs carry personality traits that are always transferred from donors to receivers.
- b. Walking on hot coals without burning one's feet requires paranormal abilities.
- c. You can make a blood clot in your brain disappear by humming.
- d. Several studies show a relationship between academic achievement and self-esteem.

*ANSWER:* c

160. Which of the following topics would a psychologist most likely study?

- a. Weather patterns in Africa
- b. Memory changes in adults
- c. Causes of the Vietnam War
- d. All of the above

*ANSWER:* b

161. When we know that two events regularly occur together, which goal of psychology can be met?

- a. Predicting behavior
- b. Changing behavior
- c. Understanding behavior
- d. Explaining behavior

*ANSWER:* a

## Chapter 01

162. Dr. Hincapie wants to test the hypothesis that stress increases one's blood pressure. What type of hypothesis is Dr. Hincapie interested in testing?
- a. Predictive
  - b. Causal
  - c. Correlational
  - d. Biological

*ANSWER:* b

163. In an experiment on attitudes, participants are given either positive or negative information about a speaker and then asked to evaluate the effectiveness of the speaker. In this experiment, which is the independent variable?
- a. The effectiveness of the speaker
  - b. The type of information the participants are given
  - c. Attitude change
  - d. The speaker

*ANSWER:* b

164. The more hours the students work, the less successful they are academically. This is an example of what type of correlation?
- a. Zero
  - b. Positive
  - c. Perfect
  - d. Negative

*ANSWER:* b

165. Dr. Duarte is studying bullying behavior in children. Every day, he goes to the local playground at 3 P.M., sits on the sidelines, and records the number of times one child bullies another, the sex of the children involved in bullying, and the duration of the bullying. Dr. Duarte is using which research method in his study?
- a. An experiment
  - b. A case study
  - c. A naturalistic observation
  - d. A quasi-experiment

*ANSWER:* b

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

## Chapter 01

166. The researcher observes that the health club is more crowded in January, February, and March. What sort of action does this behavior convey?
- Describe
  - Predict
  - Explain
  - Control or change

*ANSWER:* a

167. George, a humble person of age 35 bears the height of about 182 cms and weight of about 89 kgs takes an action to burn up his calories so that he could increase his life expectancy. This relates to \_\_\_\_\_ study.
- physiological
  - cohort
  - correlational
  - case control

*ANSWER:* c

168. In a double-blind study, who possess knowledge to identify which group a person gets assigned to?
- Both experimenters and participants
  - Neither experimenters nor participants
  - Either experimenters or participants
  - Only participants

*ANSWER:* b

169. What is the rule for deceiving participants in a psychological research study?
- Deception is never allowed in psychological research. It is against the law in every state.
  - Deception is allowed only when using animals.
  - Deception is allowed when alternative procedures are unavailable and when participants are debriefed at the end of the study.
  - Deception can be used under any circumstances

*ANSWER:* c

170. Stanley Milgram's debriefing results in violation of \_\_\_\_\_ standards caused considerable harm.
- consensus
  - biological
  - physical
  - ethical

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*ANSWER:* d

## Chapter 01

171. Dr. Kwan is performing case study research. She should be most concerned with which of the following ethical principle?
- a. Deception
  - b. Physical harm
  - c. Debriefing
  - d. Confidentiality

*ANSWER: d*

172. A psychologist who studies individual differences in shyness is probably from which specialty area?
- a. Cognitive
  - b. Social
  - c. Developmental
  - d. Personality

*ANSWER: d*

173. Javier wants to know how aggression helps a person adapt to the environment. Which historical approach is Javier emphasizing?
- a. Structuralism
  - b. Psychoanalysis
  - c. Functionalism
  - d. Humanism

*ANSWER: c*

174. Informed consent is one of the \_\_\_\_\_ principles of ethical practices.
- a. fundamental
  - b. secondary
  - c. tertiary
  - d. None of these are correct.

*ANSWER: d*

175. Which of the following professionals is most likely to prescribe medication for a mental health disorder?
- a. A clinical psychologist
  - b. A psychiatrist
  - c. A biopsychologist
  - d. An experimental psychologist

*ANSWER: b*

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Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

## Chapter 01

176. The hypothesis that the number of rapes will increase during the summer months is an example of a(n) \_\_\_\_\_ hypothesis.
- a. casual
  - b. predictive
  - c. untestable
  - d. nonscientific

*ANSWER:* b

177. The longer the commute for a student to a college campus, the less likely he or she is to complete a degree. This is an example of a \_\_\_\_\_.
- a. positive correlation
  - b. negative correlation
  - c. zero correlation
  - d. case study

*ANSWER:* b

178. Which degree is the highest that most psychologists will obtain?
- a. Doctorate degree
  - b. Master's degree
  - c. Bachelor's degree
  - d. Associate's degree

*ANSWER:* a

179. Which of the following emphasizes those factors that influence our success or failure at achieving healthy behavior?
- a. Foundations in biological psychology
  - b. Foundations in cognitive psychology
  - c. Foundations in developmental and social psychology
  - d. Foundations in physical and mental health

*ANSWER:* d

180. Perceived stress and blood pressure are examples of \_\_\_\_\_ correlation.
- a. positive
  - b. neutral
  - c. negative
  - d. dynamic

*ANSWER:* a \_\_\_\_\_

## Chapter 01

181. When we know that two events regularly occur together, which goal of psychology can be met?

- a. Predicting behavior
- b. Changing behavior
- c. Understanding behavior
- d. Explaining behavior

*ANSWER:* b

182. The function of the \_\_\_\_\_ is to ensure that the research study being proposed conforms to a set of ethical standards or guidelines.

- a. IRB or HREC
- b. ILO
- c. ISB
- d. None of these are correct.

*ANSWER:* b

183. The process that consists of full disclosure by the researcher to inform participants of the true purpose of the research is \_\_\_\_\_.

- a. confidentiality
- b. debriefing
- c. nondisclosure
- d. None of these are correct.

*ANSWER:* b

184. Humans are similar to animals in that they possess basic sexual and aggressive instincts that motivate their respective behavior, was explained by \_\_\_\_\_ theory.

- a. sociocultural
- b. humanism
- c. psychoanalytic
- d. behaviorism

*ANSWER:* d



## Chapter 01

185. A wider view of the impact of environment on behavior and mental process of a person undergone is the \_\_\_\_\_ perspective.

- a. cognitive
- b. sociocultural
- c. developmental
- d. personality

*ANSWER:* b

186. Briefly describe the beginning of scientific psychology, including who was involved, what was studied, and the nature of the studies.

*ANSWER:* Traditionally, psychology's birth is linked with the first psychology laboratory, which was established by Wilhelm Wundt in 1879 at the University of Leipzig, in Germany. Wundt (1832–1920), wanted to know what conscious thought processes enable us to experience the external world. In particular, Wundt attempted to detail the structure of our mental experiences. Wundt's view that mental experiences were created by different elements is referred to as structuralism, a term coined not by Wundt but by his student Edward Titchener.

To identify the structure of thought, British psychologist Titchener (1867–1927) used a process known as introspection, a self-observation technique. Trained observers were presented with an event and asked to describe their mental processes. The observations were repeated many times. From these introspections, Titchener identified three basic elements of all conscious experiences: sensations, images, and feelings.

187. Compare and contrast the psychoanalytic perspective and the behavioral perspective.

*ANSWER:* Freud's focus on the unconscious was unique and led to his formulation of psychoanalytic theory. According to this theory, humans are similar to animals in that they possess basic sexual and aggressive instincts that motivate behavior. However, unlike animals, humans can reason and think, especially as they mature. In childhood, we learn to use these conscious reasoning abilities to deal with and to suppress our basic sexual and aggressive desires so that we can be viewed approvingly by others. For Freud, the conflict between the conscious reasoning part of the mind and the unconscious instinctual one was key to understanding human behavior.

In the 1920s, in the United States, a growing number of psychologists believed that in order for psychology to be taken seriously as a "true" science, it must focus on observable behavior and not on the mind, a school of thought referred to as behaviorism. You can't see the mind or what a person thinks; you can only see what a person does. Behaviorists believed that only overt, observable behaviors could truly be measured consistently from person to person. One of the most vocal proponents of this school of thought was American psychologist John B. Watson (1878–1958).

## Chapter 01

188. Compare and contrast the humanistic perspective and the behavioral perspective.

*ANSWER:* Psychologists may adopt a behavioral perspective that focuses on external causes of behavior. It looks at how stimuli in our environment and/or the rewards and punishments we receive influence our behavior and mental processes. This approach suggests that behavior is learned and is influenced by other people and events. For example, if a student studies and then aces an exam, that reward may encourage her to study again the next time. If she only gets an average score, merely passing the test may not be rewarding enough to encourage the student to study for future exams.

Psychologists who adopt a humanistic perspective explain behavior as stemming from your choices and free will. These choices are influenced by your self-concept (how you think of yourself) and by your self-esteem (how you feel about yourself). This view of the self and these feelings toward the self will lead you to choose certain behaviors over others. For example, if you see yourself as a low achiever in school, you may be less likely to take challenging courses or to apply yourself in the courses that you do take.

## Chapter 01

189. Describe two specialty areas of psychology, including the kinds of behavior that would interest them the most.

*ANSWER:* Answers will vary, but may include two from the following:

**Biopsychology:** Researches the biological processes that underlie behavior, including genetic, biochemical, and nervous system functioning.

**Clinical psychology:** Researches, assesses, and treats children, adolescents, and adults who are experiencing difficulty in functioning or who have a serious mental health disorder such as schizophrenia.

**Cognitive psychology:** Studies mental processes such as decision making, problem solving, language, and memory.

**Community psychology:** Seeks to understand and enhance the quality of life for individuals, communities, and society. Focuses on early intervention in and prevention of individual and community problems.

**Counseling psychology:** Researches, assesses, and treats children, adolescents, and adults who are experiencing adjustment difficulties.

**Cross-cultural psychology:** Investigates cultural similarities and differences in psychological traits and behaviors.

**Developmental psychology:** Researches how we develop physically, cognitively, socially, and emotionally over the life span.

**Educational psychology:** Researches how people learn and how variables in an educational environment influence learning. May develop materials and strategies to enhance learning.

**Environmental psychology:** Examines the relationship between environments and human behavior.

Focuses on designing, managing, protecting, and/or restoring the environment to enhance behavior. Also studies environmental attitudes, perceptions, and values to promote environmentally appropriate behavior.

**Experimental psychology:** Conducts research on sensation, perception, learning, motivation, and emotion.

**Forensic psychology:** Works with mental health issues within the context of the legal system. May study a certain type of criminal behavior such as rape or murder, or may be asked to determine a person's competence to stand trial.

**Health psychology:** Researches ways to promote health and prevent illness. May be concerned with issues such as diet and nutrition, exercise, and lifestyle choices that influence health.

**Human factors psychology:** Researches human capabilities as they apply to the design, operation, and maintenance of machines, systems, and environments to achieve optimal performance (e.g., designing the most effective configuration of control knobs in airplane cockpits for pilots).

**Industrial/ organizational (I/O) psychology:** Examines the relationship between people and their work environments. May study issues such as increasing job satisfaction or decreasing employee absenteeism, or focus on understanding the dynamics of workplace behavior, such as leadership styles or gender differences in management styles.

**Personality psychology:** Researches how people differ in their individual traits, how people develop personality, whether personality traits can be changed, and how these qualities can be measured.

**Positive psychology:** Seeks to discover and promote those factors that contribute to happiness, positive emotions, and well-being.

**School psychology:** Assesses students' psychoeducational abilities (academic achievement, intelligence, cognitive processing) and shares test results with teachers and parents to help them make decisions regarding the best educational placement for students.

**Social psychology:** Researches how our beliefs, feelings, and behaviors are influenced by others, whether in the classroom, on an elevator, on the beach, on a jury, or at a football game.

**Sports psychology:** Investigates the mental and emotional aspects of physical performance.

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190. List the four goals of psychology and provide an example of each one.

*ANSWER:* Though psychologists study and emphasize different aspects of behavior, they all share similar goals. The main goals of psychology and psychological research are as follows:

- To describe behavior
  - To predict behavior
  - To explain behavior
  - To control or change behavior
- Examples will vary.

191. Describe the steps involved in the scientific method.

*ANSWER:*

1. Define and describe the issue to be studied. You might hypothesize that college students who buy pitchers of beer tend to drink more than college students who purchase bottles of beer (a prediction). You study previous research in scientific journals on alcohol consumption.
2. Form a testable hypothesis. Students who buy pitchers of beer tend to drink more than students who buy beer in bottles. This hypothesis must be phrased in a way that can be objectively measured—that is, in such a way that another person can test the same hypothesis to verify or replicate your results.
3. Choose an appropriate research strategy. You choose a group of people to observe (college students) and a research method that allows you to measure objectively how much beer students who buy pitchers drink versus how much beer students who buy bottles drink. You decide where your study will be conducted. Will it be in the environment where the behavior naturally occurs (such as the local college bar) or in a laboratory (a more controlled setting)? You decide who you will use as participants. Will you use animals or humans? If using humans, how will they be selected? If using animals, what species will you use?
4. Conduct the study to test your hypothesis. Run the study and collect the data based on the decisions in steps 1–3.
5. Analyze the data to support or reject your hypothesis. Researchers usually analyze their data using statistics. If the results do not support your hypothesis, you can revise the hypothesis or pose a new one. If the results do support your hypothesis, you can replicate your study (do the same one again) to increase your confidence that your findings support your hypothesis or make additional predictions and test them. Geller, Russ, and Altomari (1986) actually included this prediction in a larger study on beer drinking among college students and found support for the hypothesis that buying pitchers was associated with consuming larger amounts of beer.

192. Describe one major advantage and one major disadvantage of experimental research designs.

*ANSWER:* Experiments have several advantages. First, it is only through experimentation that we can approach two of the goals of psychology: explaining and changing behavior. An experiment is the only research method that enables us to determine cause-and-effect relationships. This advantage makes interpreting research results less ambiguous. In an experiment, we attempt to eliminate any confounding variables through experimenter control and random assignment of participants to groups. These techniques enable us to draw clearer conclusions from research results.

Experiments also have disadvantages. First, experiments do not address the first two goals of psychology: describing and predicting behavior. These are often the first steps in understanding behavior, and naturalistic observation, surveys, and correlational studies are quite useful for doing this. Second, in an attempt to control confounding variables, experiments conducted in laboratory settings may create an artificial atmosphere. It is then difficult to know whether the same result would occur in a more natural setting. This may be another reason to conduct naturalistic observations or correlational studies. Third, sometimes employing the experimental method is simply not possible for ethical or practical reasons.

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193. Describe two research methods utilized by psychologists, including an example of each.

*ANSWER:* **Naturalistic observations** are research studies that are conducted in the environment in which the behavior typically occurs. While naturalistic observation can provide a picture of behavior as it normally occurs, researchers need to consider the influence of reactivity.

**A case study** is an in-depth observation of one participant. The participant may be a person, an animal, or even a setting such as a business or a school. As with naturalistic observation, in case studies researchers do not control any variables but merely record or relate their observations. Case studies provide in-depth information on rare and unusual conditions that we might not otherwise be able to study. Often, psychologists want to study a whole group of people but in less depth. **Surveys** can accomplish this task by asking a large group of people about their attitudes, beliefs, and/or behaviors. A large group of people can quickly respond to questions or statements in their homes, online, over the phone, or out in public.

**Correlational studies** test the relationship, or correlation, between two or more variables—television watching and violent behavior, or depression and gender, for example. The researcher does not control variables but rather measures them to see whether any reliable relationship exists between them. Although several types of research methods are used to test predictive hypotheses, only one research method can test a causal hypothesis: the **experiment**. Two main features characterize an experiment. First, the variables in the study are controlled or manipulated. Second, participants are randomly assigned to the conditions of the study. When these two conditions have been met, causal conclusions may be drawn.

**A quasi-experiment** is in some ways like an experiment. The researcher manipulates the independent variable and sets the other conditions to be the same for both groups. However, the second requirement for an experiment—randomly assigning participants to conditions—has not been met.

194. Describe a real example of each of the following: a negative correlation, a positive correlation, and a zero correlation.

*ANSWER:* The sign before the correlation coefficient tells us how the variables relate to one another. A positive correlation means that as one variable increases, the other variable also tends to increase; or as one variable decreases, the other variable tends to decrease. In both cases, the variables are changing in the same direction. An example of a positive correlation is perceived stress and blood pressure. As perceived stress increases, so does one's blood pressure. In a negative correlation, as one variable increases, the other variable tends to decrease in what is referred to as an inverse relationship. Notice that the variables are changing in opposite directions. An example of a negative correlation is video game playing and school competence. The more time children spend playing video games, the poorer their competence is at school. A zero correlation would indicate there is no systematic relationship between two variables. For example, there is likely no systematic relationship between the number of hours a college student spends studying and his or her height.

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195. Describe the procedures that psychological researchers use to ensure the ethical treatment of human participants.

*ANSWER:* Generally, psychologists affiliated with universities and colleges cannot conduct research unless their research proposal has passed review by an institutional review board (IRB). The function of the IRB is to ensure that the research study being proposed conforms to a set of ethical standards or guidelines. Another fundamental principle of ethical practice in research is informed consent. Researchers inform potential participants of any risks during the informed consent process, wherein the researcher establishes a clear and fair agreement with research participants prior to their participation in the research study (APA, 2002). This agreement clarifies the obligations and responsibilities of the participants and the researchers. Prospective participants are also informed that they may withdraw from participation in the study at any time, and they are informed of any available treatment alternatives. In addition, the researcher agrees to maintain confidentiality. Personal information about participants obtained by the researcher during the course of the investigation cannot be shared with others unless explicitly agreed to in advance by the participant or as required by law or court order. It is not always possible to fully inform participants of the details of the research, as it may change their behavior. For this reason, psychologists sometimes use deception in their research. If participants have been deceived in any way during the course of a study, the researcher is obligated to debrief participants after the experiment ends. Debriefing consists of full disclosure by the researcher to inform participants of the true purpose of the research. Any misconceptions that the participant may hold about the nature of the research must be removed at this time.

196. Examine three misconceptions people commonly hold about psychology. Refute these misconceptions based on what you have learned about what psychology is, and how psychologists actually engage in studying the human experience.

*ANSWER:* Answers will vary. People often think that psychologists are solely focused on helping people through counseling and diagnosing mental illness. A number of people also believe that psychology is based largely on how one feels about things. Many people assume that psychology is just good, old-fashioned common sense. Actually, psychology is a field of study which focuses on a wide variety of human behavior and mental processes, including; learning, emotions, social influences, and the brain—just to name a few. Psychology strives to look beyond mere personal experience through the use of research strategies and the scientific method—just as all sciences do. Lastly, while psychology certainly does validate so-called “common sense” beliefs, psychology also examines events and experiences which go against commonly held beliefs.

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197. Today, psychology is defined as the study of mental processes and behavior. How have the works of early schools of thought (e.g., Wilhelm Wundt's structuralism, William James's functionalism, Sigmund Freud's psychoanalysis, and John Watson's behaviorism) contributed to today's definition of psychology?

*ANSWER:* Answers will vary. Wundt emphasized studying the conscious areas of the mind which allowed for the exploration of mental processes, such as sensations and perceptions; elements he thought when put together would explain mental processes. Freud was also interested in studying mental processes, but he believed the key to understanding the human mind lay in understanding the unconscious, which he believed could be explored through the techniques of psychoanalysis. On the other hand, William James was interested in comprehending how specific behaviors helped an organism adapt to its surroundings and was very interested in studying the functional impact of behavior. John Watson believed that only observable stimuli and responses constituted the proper study for psychology. Thus, Wundt and Freud helped to further the understanding of mental process, while James and Watson contributed to our further understanding of external, public behaviors. Together the two main divisions of mental processes and behavior came to represent the domain of psychology.

198. Explain the typical process needed to become a psychologist. Describe the educational requirements, training, and possible work environments of a psychologist. Be sure to mention at least two different degrees that lead to being considered a psychologist.

*ANSWER:* Answers will vary. The degree level for most psychologists is a doctorate. The doctorate is generally either a Ph.D. (Doctor of Philosophy) in psychology; or, a Psy.D. (Doctor of Psychology). The Ph.D. usually concentrates more on research, while the Psy.D. centers around clinical training. Either of these degrees requires 5–7 years of additional study after obtaining a bachelor's degree. All psychologists are trained in research and statistics. Some psychologists work in assessing and treating individuals for adjustment problems and mental health disorders. Other psychologists engage in research and teaching and do not counsel or otherwise treat people. Psychologists work in schools, businesses, government, hospitals, and other places—including self-employment.

199. Suppose you were interested in studying how the color of a room might affect student performance on exams. Describe the experiment you would design to investigate this, and be sure to indicate what the independent and dependent variables are in the study you chose, and how you might deal with the problem of confounding variables.

*ANSWER:* Answers will vary. To understand the effect of room color on student test performance, I would recruit a group of students from a large class to take their midterm exam in different rooms in smaller groups. If the class originally had about 50 students, I would assign groups of 25 students to take their exams in rooms that were either a warm (red) or cool (blue) color. I would then compare the performance of these two groups (warm vs. cool room color) on the exam scores. The independent variable in this experiment is the color of the room in which the exam takes place (red or blue). The dependent variable in this experiment is the exam score. Of course, it is possible that students in the "warm" room might naturally be better test takers or students than those in the "cool" room—or vice versa, which would present another explanation for any results. To minimize the effect of such confounding variables I would randomly assign students to conditions so that students' preferences, skills, and so forth would (hopefully) be evenly distributed across the two groups.

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

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200. Place yourself in the place of a member of an Institutional Review Board (IRB). What would you be looking for in a research proposal from a psychologist?

*ANSWER:* Answers will vary. One of the most important points the research proposal needs to address is informed consent. Potential participants require a general idea of the study, any aspect which might influence their decision to participate, issues of compensation, and an assessment of risks for participating. Participants also require notification of their rights to withdraw from the study at any time for any reason. The issue of confidentiality must be addressed in an explicitly agreed upon manner. If deception is proposed, a process for debriefing must be provided to the IRB. For non-human subjects, animals must be treated in a manner which allows for comfort, care, and health. Any discomfort, pain, illness, etc., must be shown to be vitally necessary to the research with no other alternative available. Animal participants with the capacity for higher-order psychological capacity must be cared for in a manner which protects their psychological health.