Package Title: Testbank

Course Title: Nevid, Adjustment Psychology 13e

Chapter Number: Chapter 01

Question Type: Multiple Choice

1. Beth, John, Maria, Lisa, and David, discussed in your text, are each experiencing challenges to \_\_\_\_\_\_.

a) their careers

b) self-esteem

c) adjustment and growth

d) emotional stability

Answer: c

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

2. Beth is torn between attending medical school to become a physician, which means leaving her fiancé, and maintaining a relationship with him and starting a family. She is experiencing \_\_\_\_\_\_.

a) a role conflict

b) a moral dilemma

c) the phi phenomenon

d) eustress

Answer: a

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Medium

Bloom’s level: Application

3. An eating disorder characterized by cycles of binge eating and a dramatic method for purging, such as vomiting, is \_\_\_\_\_\_.

a) anorexia nervosa

b) hypoglycemia

c) Korsakoff’s syndrome

d) bulimia nervosa

Answer: d

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Comprehension

4. The causes of \_\_\_\_\_\_ are complex and not fully understood but appear to be related to social pressures on young women in our society to adhere to unrealistic standards of thinness.

a) personality disorders

b) eating disorders

c) reactive disorders

d) adjustment disorders

Answer: b

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Comprehension

5. The causes of eating disorders are \_\_\_\_\_\_.

a) simple and easily understood

b) complex but easily understood

c) simple but not easily understood

d) complex and not easily understood

Answer: d

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

6. The causes of eating disorders in young women appear to be most closely related to \_\_\_\_\_\_.

a) low levels of education and poor academic performance in school

b) social pressures to adhere to unrealistic standards of thinness

c) the negative effects of poverty and discrimination

d) a significant increase in narcissistic personality disorder

Answer: b

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Comprehension

7. A recent national survey of college freshmen found that their emotional health was \_\_\_\_\_\_.

a) at the lowest levels yet recorded since the surveys began in 1985

b) at record high levels for men but record low levels for women

c) at record high levels for women but record low levels for men

d) at the highest levels yet recorded since the surveys began in 1985

Answer: a

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

8. In a recent survey of the emotional health of college freshmen, women, on average, had a \_\_\_\_\_\_ view of their emotional health than men, and the gap had \_\_\_\_\_\_ in recent years.

a) healthier, widened

b) healthier, narrowed

c) poorer, narrowed

d) poorer, widened

Answer: d

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

9. Overall, about one in \_\_\_\_\_\_ college students today seek counseling for mental health problems, either before or during college.

a) three

b) five

c) seven

d) nine

Answer: a

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

10. Most challenges offer us the opportunity to \_\_\_\_\_\_.

a) merely adjust

b) prove ourselves

c) grow

d) retrench

Answer: c

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

11. The science of \_\_\_\_\_\_ is ideally suited to helping people meet the challenges of contemporary life, according to your text.

a) psychology

b) sociology

c) phrenology

d) biology

Answer: a

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

12. The science that studies behavior and the mental processes is \_\_\_\_\_\_.

a) anthropology

b) sociology

c) neurology

d) psychology

Answer: d

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

13. Psychologists traditionally attempt to understand or explain behavior in terms of the workings of the \_\_\_\_\_\_ system, according to your text.

a) nervous

b) cardiovascular

c) muscular-skeletal

d) endocrine

Answer: a

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

14. Psychologists traditionally attempt to understand or explain behavior in terms of each of the following **EXCEPT** \_\_\_\_\_\_.

a) the workings of the gastrointestinal and cardiovascular systems

b) the interaction of genetic and environmental influences

c) the roles of learning and motivation

d) the nature of personality and social interaction

Answer: a

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Comprehension

15. Coping behavior that permits people to meet the demands of the environment is called \_\_\_\_\_\_.

a) prosocial behavior

b) adjustment

c) proactive behavior

d) growth

Answer: b

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

16. Processes by which people respond to environmental pressures and cope with stress are known as \_\_\_\_\_\_.

a) reactivity

b) growth

c) compensatory behavior

d) adjustment

Answer: d

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

17. Holding down a job to keep the bill collector from your doors, studying hard to graduate from college, and making compromises in your own goals to further your relationships with others are all examples of \_\_\_\_\_\_.

a) interlocution

b) reciprocity

c) adjustment

d) growth

Answer: c

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Medium

Bloom’s level: Application

18. Dressing warmly, exercising, or turning up the thermostat when we are cold are examples of \_\_\_\_\_\_.

a) adjustment

b) reactivity

c) compensation

d) reflexive behavior

Answer: a

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Comprehension

19. Literally speaking, to \_\_\_\_\_\_ is to change so as to better conform to, or meet, the demands of one’s environment.

a) grow

b) mature

c) adjust

d) obey

Answer: c

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

20. Adjustment is essentially \_\_\_\_\_\_.

a) proactive

b) reactive

c) inactive

d) retroactive

Answer: b

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Comprehension

21. Personal growth is \_\_\_\_\_\_.

a) proactive

b) reactive

c) inactive

d) retroactive

Answer: a

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Comprehension

22. Adjustment is \_\_\_\_\_\_ and personal growth is \_\_\_\_\_\_.

a) reactive, reactive

b) reactive, proactive

c) proactive, reactive

d) proactive, proactive

Answer: b

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Comprehension

23. According to your text, people are \_\_\_\_\_\_.

a) neither actors nor reactors

b) actors, not reactors

c) reactors, not actors

d) both actors and reactors

Answer: d

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

24. According to your text, when we expand ourselves, or when our lives seem filled with meaning, it is because \_\_\_\_\_\_.

a) we have adjusted

b) of chance occurrences

c) of personal growth

d) we have "arrived"

Answer: c

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Comprehension

25. Personal growth is best described as \_\_\_\_\_\_.

a) a starting point

b) a way station

c) a journey

d) a final destination

Answer: c

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Comprehension

26. In psychology, the term *nature* refers to \_\_\_\_\_\_.

a) the effects of the environment on human development

b) the psychological processes of nonhuman animals

c) the natural laws that govern the universe

d) genetic influences on human development

Answer: d

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

27. In psychology, the term *nurture* refers to \_\_\_\_\_\_.

a) the effects of the environment on human development

b) the effects of intimacy on human infants

c) the effects of changes in the physical environment

d) genetic influences on human development

Answer: a

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

28. Who we are is \_\_\_\_\_\_.

a) not affected by biology nor the environment

b) almost totally determined by genetic influences

c) almost totally determined by environmental influences

d) due to the interaction of genetic and environmental influences

Answer: d

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Comprehension

29. Physical traits such as height, race, and eye color are genetically transmitted from generation to generation by \_\_\_\_\_\_.

a) endorphins

b) antigens

c) genes

d) leukocytes

Answer: c

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

30. \_\_\_\_\_\_ are segments of DNA which give rise to our physical traits and biological structures and constitute the basic units of heredity.

a) Chromosomes

b) Genes

c) Molecules

d) Cells

Answer: b

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

31. The basic unit of heredity is the \_\_\_\_\_\_.

a) chromosome

b) molecule

c) atom

d) gene

Answer: d

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

32. Genes are segments of \_\_\_\_\_\_.

a) nerve fibers

b) DNA

c) molecules

d) RNA

Answer: b

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

33. \_\_\_\_\_\_ are strands of DNA that consist of genes.

a) Molecules

b) Mitochondria

c) Ribosomes

d) Chromosomes

Answer: d

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

34. People normally have \_\_\_\_\_\_ pairs of chromosomes.

a) 12

b) 23

c) 35

d) 46

Answer: b

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

35. Which of the following is true of genetic factors and psychological adjustment?

a) Genetic factors have been shown to have little or no effect on psychological development and adjustment.

b) Genetic factors interact with environmental factors and psychological factors to influence behavior.

c) Genetic factors interact with prenatal conditions to influence neural development of the fetus, but cease affecting psychological adjustment and growth after birth.

d) Psychological development and adjustment are almost completely predetermined by genetic factors.

Answer: b

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Medium

Bloom’s level: Analysis

36. It now appears that genetic factors are involved to some degree in \_\_\_\_\_\_ human traits and behaviors.

a) almost no

b) only a few

c) about half of

d) nearly all

Answer: d

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Comprehension

37. A psychologist focuses mainly on ways in which psychology can help people correct personal problems and cope with stress. This psychologist is using the \_\_\_\_\_\_.

a) primary process

b) healthy-personality approach

c) organic approach

d) clinical approach

Answer: d

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Medium

Bloom’s level: Application

38. Psychologists focuses primarily on healthful patterns of personal growth, including social and vocational development. They are using the \_\_\_\_\_\_.

a) person-environment fit approach

b) healthy-personality approach

c) organic approach

d) clinical approach

Answer: b

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Medium

Bloom’s level: Application

39. Your text, in exploring adjustment and growth, focuses \_\_\_\_\_\_.

a) on neither the clinical nor the healthy-personality approach

b) primarily on the clinical approach

c) primarily on the healthy-personality approach

d) on both the clinical and the healthy-personality approach

Answer: d

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

40. The psychologist who founded the growing movement in psychology known as *positive psychology,* is \_\_\_\_\_\_.

a) Sigmund Freud

b) Martin Seligman

c) Arnold Lazarus

d) L. Ron Hubbard

Answer: b

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

41. A growing movement in psychology that emphasizes our assets and virtues rather than our weaknesses and deficits is \_\_\_\_\_\_ psychology.

a) positive

b) clinical

c) psychoanalytic

d) Gestalt

Answer: a

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

42. A renowned psychologist who emphasizes the study of love, optimism, hope, helping behavior, and happiness, rather than psychological disorders, drug abuse, and antisocial behaviors is most likely a proponent of \_\_\_\_\_\_ psychology.

a) behavioral

b) positive

c) Gestalt

d) psychoanalytic

Answer: b

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Medium

Bloom’s level: Application

43. \_\_\_\_\_\_ focus mainly on the study of individual people.

a) Sociologists

b) Anthropologists

c) Psychologists

d) Ethnologists

Answer: c

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

44. The healthy-personality approach to adjustment is embodied within a growing movement within psychology called \_\_\_\_\_\_ psychology.

a) esoteric

b) existential

c) psychoanalytic

d) positive

Answer: d

Section Reference: Psychology and Adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Comprehension

45. Groups of people who can be distinguished by characteristics such as their cultural heritage, common history, race, and language are called \_\_\_\_\_\_.

a) ethnic groups

b) subcultures

c) countercultures

d) races

Answer: a

Section Reference: Human diversity and adjustment

Learning Objective: 1.2: Describe the role of psychology in understanding human diversity

Difficulty: Easy

Bloom’s level: Knowledge

46. Each of the following is a reason presented in your text for studying diversity **EXCEPT** \_\_\_\_\_\_.

a) experiences of various ethnic groups in the United States highlight the impact of social, political, and economic factors on human behavior and development

b) the ethnic makeup of the United States is rapidly changing

c) knowledge of such groups allows for better identification and control of dissident members of those groups

d) studying human diversity enables students to appreciate the cultural heritages and historical problems of various ethnic groups

Answer: c

Section Reference: Human diversity and adjustment

Learning Objective: 1.2: Describe the role of psychology in understanding human diversity

Difficulty: Easy

Bloom’s level: Knowledge

47. The state of being male or female is known as \_\_\_\_\_\_.

a) sexuality

b) sensuality

c) sexual orientation

d) gender

Answer: d

Section Reference: Human diversity and adjustment

Learning Objective: 1.2: Describe the role of psychology in understanding human diversity

Difficulty: Easy

Bloom’s level: Knowledge

48. Gender is \_\_\_\_\_\_.

a) neither a psychosocial nor a biological concept

b) a biological concept, not a psychosocial concept

c) a psychosocial concept, not a biological concept

d) both a psychosocial and a biological concept

Answer: c

Section Reference: Human diversity and adjustment

Learning Objective: 1.2: Describe the role of psychology in understanding human diversity

Difficulty: Easy

Bloom’s level: Knowledge

49. The term \_\_\_\_\_\_ refers to the biological division between male and female, as when we describe the sexual organs which distinguish the reproductive anatomy of men and women.

a) gender

b) phylum

c) categorum

d) sex

Answer: d

Section Reference: Human diversity and adjustment

Learning Objective: 1.2: Describe the role of psychology in understanding human diversity

Difficulty: Easy

Bloom’s level: Knowledge

50. The term *gender* refers to a \_\_\_\_\_\_ concept, and the term *sex* refers to a \_\_\_\_\_\_ concept.

a) biological, biological

b) psychosocial, biological

c) biological, psychosocial

d) psychosocial, psychosocial

Answer: b

Section Reference: Human diversity and adjustment

Learning Objective: 1.2: Describe the role of psychology in understanding human diversity

Difficulty: Easy

Bloom’s level: Knowledge

51. Each of the following is true **EXCEPT** \_\_\_\_\_\_.

a) in colonial times in America, women were not permitted to attend college

b) careers of women have been traditionally channeled into domestic chores, regardless of their talents, wishes, or abilities

c) even today, women in the United States are legally prevented from earning doctorates in many scientific fields

d) even today, women in many parts of the world are prevented from pursuing educational and training opportunities afforded to men

Answer: c

Section Reference: Human diversity and adjustment

Learning Objective: 1.2: Describe the role of psychology in understanding human diversity

Difficulty: Easy

Bloom’s level: Comprehension

52. Each of the following is true **EXCEPT** \_\_\_\_\_\_.

a) gender is wrapped up with a complex web of cultural expectations and social roles about how we are expected to act as women or men

b) careers of women have been traditionally channeled into domestic chores, regardless of their talents, wishes, or abilities

c) even today, men earn most of the undergraduate degrees and doctorates in psychology

d) even today, women in many parts of the world are prevented from pursuing educational and training opportunities afforded to men

Answer: c

Section Reference: Human diversity and adjustment

Learning Objective: 1.2: Describe the role of psychology in understanding human diversity

Difficulty: Easy

Bloom’s level: Comprehension

53. Women in Western cultures were generally considered unsuitable for education until \_\_\_\_\_\_.

a) the Middle Ages

b) the Renaissance

c) the Enlightenment

d) relatively modern times

Answer: d

Section Reference: Human diversity and adjustment

Learning Objective: 1.2: Describe the role of psychology in understanding human diversity

Difficulty: Easy

Bloom’s level: Knowledge

54. Women were first allowed to attend college in the United States in \_\_\_\_\_\_.

a) 1833

b) 1863

c) 1893

d) 1923

Answer: a

Section Reference: Human diversity and adjustment

Learning Objective: 1.2: Describe the role of psychology in understanding human diversity

Difficulty: Easy

Bloom’s level: Knowledge

55. The first college in the United States to accept women was \_\_\_\_\_\_.

a) Oberlin

b) Antioch

c) Radcliff

d) Bennington

Answer: a

Section Reference: Human diversity and adjustment

Learning Objective: 1.2: Describe the role of psychology in understanding human diversity

Difficulty: Easy

Bloom’s level: Knowledge

56. The earliest female pioneer in psychology was \_\_\_\_\_\_.

a) Margaret Mahler

b) Anna Freud

c) Karen Horney

d) Christine Ladd-Franklin

Answer: d

Section Reference: Human diversity and adjustment

Learning Objective: 1.2: Describe the role of psychology in understanding human diversity

Difficulty: Easy

Bloom’s level: Knowledge

57. Today, about \_\_\_\_\_\_ of the undergraduate degrees and doctorates in psychology are granted to women.

a) one-third

b) one-half

c) two-thirds

d) four-fifths

Answer: c

Section Reference: Human diversity and adjustment

Learning Objective: 1.2: Describe the role of psychology in understanding human diversity

Difficulty: Easy

Bloom’s level: Knowledge

58. Today, \_\_\_\_\_\_ women are in the workforce and they are paid \_\_\_\_\_\_ men in comparable positions.

a) a large minority of, less than

b) a large minority of, as much as

c) most, less than

d) most, as much as

Answer: c

Section Reference: Human diversity and adjustment

Learning Objective: 1.2: Describe the role of psychology in understanding human diversity

Difficulty: Easy

Bloom’s level: Knowledge

59. The psychology of adjustment provides \_\_\_\_\_\_ approach to coping with the challenges of life.

a) a scientific

b) an intuitive

c) an unorthodox

d) a phenomenological

Answer: a

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Knowledge

60. An approach to thinking characterized by skepticism and thoughtful analysis of statements and arguments is called \_\_\_\_\_\_ thinking.

a) dialectical

b) emotional

c) introjective

d) critical

Answer: d

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Knowledge

61. Anne takes nothing for granted. She examines definitions and terms and scrutinizes the logic with which arguments are developed. She is engaging in \_\_\_\_\_\_ thinking.

a) dialectical

b) emotional

c) introjective

d) critical

Answer: d

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Medium

Bloom’s level: Application

62. Each of the following is true of critical thinking **EXCEPT** \_\_\_\_\_\_.

a) it means taking nothing for granted

b) it means expressing all your feelings

c) it refers to thoughtfully analyzing the statements and terms of other people

d) it is essential to your adjustment

Answer: b

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Comprehension

63. Each of the following is a feature of critical thinking **EXCEPT** \_\_\_\_\_\_.

a) being cynical

b) not overgeneralizing

c) not oversimplifying

d) examining the definition of terms

Answer: a

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Comprehension

64. Each of the following is a feature of critical thinking **EXCEPT** \_\_\_\_\_\_.

a) maintaining a healthy skepticism

b) applying critical thinking to all areas of life

c) remaining open-minded and accepting of others’ ideas

d) being cautious in drawing conclusions from evidence

Answer: c

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Comprehension

65. Astrology, palmistry, and phrenology are all examples of \_\_\_\_\_\_.

a) protosciences

b) pseudosciences

c) philosophical methods

d) modern sciences

Answer: b

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Comprehension

66. A method or system that claims to have a scientific basis but does not, is a \_\_\_\_\_\_.

a) protoscience

b) pseudoscience

c) philosophical method

d) modern science

Answer: b

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Knowledge

67. The tendency to believe a generalized but phony personality report is called \_\_\_\_\_\_.

a) the Phi phenomenon

b) Weber’s Law

c) the Stockholm syndrome

d) the Barnum effect

Answer: d

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Knowledge

68. Astrologers, palm-readers, and other “psychic” readers have made a fortune for years primarily on the basis of \_\_\_\_\_\_.

a) the Phi phenomenon

b) Weber’s Law

c) the Stockholm syndrome

d) the Barnum effect

Answer: d

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Comprehension

69. \_\_\_\_\_\_ is based on the notion that the positions of the sun, the moon, and the stars affect human temperament and human affairs.

a) Astronomy

b) Relativity

c) Astrology

d) Astrophysics

Answer: c

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Knowledge

70. Psychology is a(n) \_\_\_\_\_\_.

a) art form

b) philosophical approach

c) pseudoscience

d) science

Answer: d

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Knowledge

71. Science differs from opinion, magic, religion, and other nonscientific belief systems in that it \_\_\_\_\_\_.

a) is not as commonly accepted or valid as opinion

b) requires that its followers have a formal education

c) must be supported by testable evidence

d) requires faith and belief in things that cannot always be tested or proven

Answer: c

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Medium

Bloom’s level: Analysis

72. Researchers have found that astrological predictions are \_\_\_\_\_\_ to come true than predictions based on chance.

a) significantly more likely

b) somewhat more likely

c) no more likely

d) much less likely

Answer: c

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Knowledge

73. Scientific research has found \_\_\_\_\_\_.

a) no basis for beliefs that one’s personality is related to one’s birth sign

b) small but consistent correlations between one’s personality and one’s birth sign

c) moderate but inconsistent correlations between one’s personality and one’s birth sign

d) large and consistent correlations between one’s personality and one’s birth sign

Answer: a

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Knowledge

74. Each of the following is true of self-help books **EXCEPT** \_\_\_\_\_\_.

a) authors of these books must be able to back up their claims with evidence before they can get them published

b) bad books make extensive use of anecdotal evidence

c) there are few, if any quick fixes to psychological and health problems

d) be suspicious about authors who criticize professional groups and claim to be ahead of their time

Answer: a

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Comprehension

75. Each of the following is true of self-help books **EXCEPT** \_\_\_\_\_\_.

a) authors can make extravagant claims with little fear of punishment

b) good books make extensive use of anecdotal evidence

c) legitimate research is reported in professional journals

d) you should be suspicious if the author’s title is just “Dr.” and it is placed before the name

Answer: b

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Comprehension

76. An organized means of expanding and refining knowledge, consisting of a group of principles that generally guide scientists’ research endeavors, is known as \_\_\_\_\_\_.

a) a theory

b) the scientific method

c) a hypothesis

d) a cognitive schema

Answer: b

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Knowledge

77. A method for obtaining scientific evidence in which a hypothesis is formed and tested is \_\_\_\_\_\_.

a) the intuitive method

b) objective introspection

c) the scientific method

d) the Socratic method

Answer: c

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Knowledge

78. The scientific method is \_\_\_\_\_\_.

a) a recipe that psychologists and other scientists follow

b) a collection of philosophical ideals about the nature of science

c) no more accurate than anecdotal evidence

d) a set of general principles that guides scientists’ research

Answer: d

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Knowledge

79. Which of the following is the **first** of the basic steps to the scientific method?

a) drawing on information from other belief systems

b) testing a hypothesis

c) formulating a research question

d) drawing conclusions from research results

Answer: c

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Knowledge

80. Which of the following is **NOT** one of the basic steps to the scientific method?

a) drawing on information from other belief systems

b) testing a hypothesis

c) formulating a research question

d) drawing conclusions from research results

Answer: a

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Comprehension

81. A specific prediction about behavior or mental processes that is tested through research is called \_\_\_\_\_\_.

a) an opinion

b) a paradigm

c) a placebo

d) a hypothesis

Answer: d

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Knowledge

82. A researcher studying day-care states that preschoolers placed in day-care will acquire greater social skills in relating to peers than preschoolers raised in the home. This statement is subsequently supported by her research. The statement is an example of \_\_\_\_\_\_.

a) a theory

b) an opinion

c) a hypothesis

d) a paradigm

Answer: c

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Medium

Bloom’s level: Application

83. A statistical association or relationship between two or more variables is a \_\_\_\_\_\_.

a) selection factor

b) correlation

c) dependent variable

d) causation

Answer: b

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Knowledge

84. A researcher finds that the more people smoke cigarettes, the more likely it is that they will develop lung cancer. This researcher has found \_\_\_\_\_\_.

a) observer bias

b) causation

c) a treatment variable

d) a correlation

Answer: d

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Medium

Bloom’s level: Application

85. The process by which one variable directly influences another is known as \_\_\_\_\_\_.

a) a selection factor

b) correlation

c) inference

d) causation

Answer: d

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Knowledge

86. A researcher finds that more aggressive children tend to watch more violent television. While she is tempted to conclude that violent television causes aggressive behavior in children, she realizes that it might be that children who choose to watch violent television may be more aggressive to begin with. If this is true, it is a classic example of a \_\_\_\_\_\_.

a) selection factor

b) latency effect

c) cue-controlled stimulus

d) volunteer bias

Answer: a

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Medium

Bloom’s level: Application

87. A source of bias that may occur in research when subjects are allowed to determine for themselves whether or not they will receive a treatment condition in a scientific study is known as a(n) \_\_\_\_\_\_.

a) observer bias

b) response set

c) selection factor

d) generalization error

Answer: c

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Comprehension

88. To find out if someone’s research can be generalized from the subjects used in the study to other populations, or to corroborate the results of someone else’s research, scientists are most likely to \_\_\_\_\_\_ the research.

a) delineate

b) replicate

c) review

d) abrogate

Answer: b

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Comprehension

89. Each of the following is a reason that psychologists replicate research **EXCEPT** \_\_\_\_\_\_.

a) to see whether the findings of a study hold up over time

b) to corroborate the findings of other researchers

c) to see if the findings of a study can be applied to other groups of people

d) to create and verify selection factors within a study

Answer: d

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Comprehension

90. Which of the following is **NOT** a true statement?

a) Men are more likely than women to put in a double shift in regards to the workplace.

b) Historically, there has been a bias in favor of conducting research with men.

c) Research that uses samples of mostly white women may ignore the concerns and needs of women of color.

d) Minorities have been historically underrepresented in research.

Answer: a

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Comprehension

91. Research samples have tended to \_\_\_\_\_\_.

a) underrepresent women and ethnic minority groups

b) underrepresent women but overrepresent ethnic minority groups

c) underrepresent ethnic minority groups but overrepresent women

d) overrepresent women and ethnic minority groups

Answer: a

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Knowledge

92. A psychologist studies one, or a handful of people, in great depth, seeking factors that contribute to notable or rare behavior patterns, putting together a portrait or compilation of the person or persons being studied. The psychologist is using the \_\_\_\_\_\_ method.

a) naturalistic observation

b) case study

c) correlational

d) experimental

Answer: b

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Medium

Bloom’s level: Application

93. A method of research based on a carefully drawn biography obtained through interviews, questionnaires, or psychological tests is \_\_\_\_\_\_.

a) the case study method

b) the correlational study

c) the experimental method

d) naturalistic observation

Answer: a

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Knowledge

94. Unscientific accounts of people's behavior are referred to as \_\_\_\_\_\_.

a) case studies

b) anecdotes

c) naturalistic observation

d) surveys

Answer: b

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Knowledge

95. Sigmund Freud developed his theories of personality largely on the basis of \_\_\_\_\_\_.

a) the case study method

b) the correlational study

c) the experimental method

d) naturalistic observation

Answer: a

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Knowledge

96. Which of the following is **NOT** listed by your text as a weakness of the case study method?

a) subjects' memories are often incomplete

b) subjects' memories are often distorted

c) there are ethical issues regarding the inappropriate use of control groups

d) researchers sometimes guide subjects to remember information in ways that are consistent with the researchers' theoretical perspectives

Answer: c

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Knowledge

97. The tendency of subjects to provide researchers with politically correct or ideal answers is typical of \_\_\_\_\_\_.

a) a selection factor

b) the social desirability bias

c) observer bias

d) the phi phenomenon

Answer: b

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Comprehension

98. Amy is being interviewed as part of a research study. During the interview she makes a point of expounding upon her many charitable activities in the communities, while conveniently “forgetting” to discuss the time she spent in jail for shoplifting. Her behavior is an example of \_\_\_\_\_\_.

a) the fundamental attribution error

b) the actor-observer effect

c) the saliency bias

d) the social desirability bias

Answer: d

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Medium

Bloom’s level: Application

99. The tendency of subjects to portray themselves to researchers in a favorable light is known as \_\_\_\_\_\_.

a) a selection factor

b) the social desirability bias

c) observer bias

d) the phi phenomenon

Answer: b

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Knowledge

100. The type of research that may be best-suited for detailed investigation of rare occurrences such as a person with dissociative identity disorder, is the \_\_\_\_\_\_ method.

a) survey

b) correlational

c) cross-sectional

d) case study

Answer: d

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Medium

Bloom’s level: Application

101. The research method used by psychologists that involves the use of questionnaires, interviews, or public records to examine people's behaviors, attitudes, opinions, or feelings is the \_\_\_\_\_\_ method.

a) case study

b) correlational study

c) survey

d) experiment

Answer: c

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

102. A researcher asks a large number of students to rate themselves as either "liberal," "conservative," or "middle of the road." He then asks students to express their opinions on a variety of current issues from the federal deficit to legalization of drugs. The researcher then compiles the students' answers to find out what percentages of students labeled themselves as "liberal," etc. This researcher is using the \_\_\_\_\_\_ method.

a) survey

b) correlational

c) case study

d) experimental

Answer: a

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Medium

Bloom’s level: Application

103. A scientific research method where large samples of people are questioned about behavior and mental processes that cannot be observed in a natural setting or studied experimentally is a \_\_\_\_\_\_.

a) survey

b) correlational

c) case study

d) experimental

Answer: a

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Comprehension

104. A political poll in which people are asked who they intend to vote for is an example of the \_\_\_\_\_\_ method of research.

a) survey

b) correlational

c) case study

d) experimental

Answer: a

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Medium

Bloom’s level: Application

105. In the ***Literary Digest*** poll discussed in your text, the poll incorrectly indicated that Alf Landon would defeat Franklin Roosevelt in the upcoming election. In the real election, Roosevelt won in a landslide. The poll's inaccuracy was due to \_\_\_\_\_\_.

a) the fact that most respondents felt their privacy was being intruded upon by the poll and lied about how they intended to vote

b) the fact that the poll surveyed people over the phone, and at the time, only the wealthy had telephones

c) improper statistical methods used by the researchers to tabulate the results of the poll

d) the fact that the poll used vaguely worded questions that confused the respondents

Answer: b

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

106. To apply observations based on a small research sample to a much larger population is to \_\_\_\_\_\_ the research observations.

a) stratify

b) verify

c) generalize

d) validate

Answer: c

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Comprehension

107. Subjects drawn from a large group who are observed for research purposes are called a \_\_\_\_\_\_.

a) sample

b) population

c) treatment group

d) control group

Answer: a

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

108. To psychologists, a complete group of organisms or events targeted for research is called a \_\_\_\_\_\_.

a) sample

b) population

c) treatment group

d) control group

Answer: b

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

109. A sample that is drawn so that each member of a target population has an equal chance of being chosen to participate in the sample is called a \_\_\_\_\_\_.

a) stratified sample

b) control sample

c) selection sample

d) random sample

Answer: d

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

110. A researcher knows that 12 percent of a target population is African American and 9 percent is Hispanic American. The researcher selects her sample so that she ends up with a sample containing exactly 12 percent African Americans and 9 percent Hispanic Americans. This researcher used a \_\_\_\_\_\_ sample.

a) stratified

b) control

c) biased

d) random

Answer: a

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Medium

Bloom’s level: Application

111. A sample drawn such that known subgroups within a population are represented in proportion to their numbers in the population is a \_\_\_\_\_\_ sample.

a) stratified

b) control

c) biased

d) random

Answer: a

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

112. According to your text, a random sample of about \_\_\_\_\_\_ people will represent the general American population reasonably well.

a) 600

b) 900

c) 1200

d) 1500

Answer: d

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological researchDifficulty: Easy

Bloom’s level: Knowledge

113. Scientists have found that people who agree to participate in research studies differ systematically from people who do not. This problem is known as \_\_\_\_\_\_.

a) population bias

b) volunteer bias

c) control variance

d) placebo effect

Answer: b

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

114. Large-scale surveys of sexual behavior such as those run by ***Sports Illustrated*** or ***People*** magazine of their readers probably do not reflect the attitudes of the general American population because of \_\_\_\_\_\_.

a) population bias

b) cognitive distortion

c) volunteer bias

d) placebo effect

Answer: c

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Medium

Bloom’s level: Application

115. Each of the following is true of volunteer bias **EXCEPT** \_\_\_\_\_\_.

a) volunteers for research may represent specific subgroups of the population who differ systematically from the overall population

b) volunteers may be more interested in research than nonvolunteers

c) volunteers may have more spare time than nonvolunteers

d) volunteers are usually less intelligent but more trusting than nonvolunteers

Answer: d

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Comprehension

116. The research method by which psychologists study behavior "in the field" with as little interference as possible is the \_\_\_\_\_\_ method.

a) case study

b) laboratory observation

c) experimental

d) naturalistic observation

Answer: d

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

117. The research method that focuses on using **unobtrusive** measures in observing subjects’ behaviors is the \_\_\_\_\_\_ method.

a) naturalistic observation

b) laboratory observation

c) experimental

d) survey

Answer: a

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

118. Quietly and unobtrusively studying how children play in a park is an example of \_\_\_\_\_\_.

a) the case study method

b) naturalistic observation

c) a correlational study

d) an experimental study

Answer: b

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Medium

Bloom’s level: Application

119. The naturalistic observation method provides \_\_\_\_\_\_\_ information. It \_\_\_\_\_\_ the best method for determining the causes of behavior.

a) empirical, is

b) empirical, is not

c) descriptive, is

d) descriptive, is not

Answer: d

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Medium

Bloom’s level: Analysis

120. The type of psychological research in which researchers attempt to discover if one or more variables are statistically related or linked to one another is the \_\_\_\_\_\_ method.

a) laboratory observation

b) correlational

c) survey

d) experimental

Answer: b

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Comprehension

121. A scientist investigates if there is a statistical relationship between people’s IQ scores and their risk of committing suicide. After months of tracking smokers and nonsmokers, she finds that the lower people’s IQ scores are, the greater their risk is of attempting suicide at some point in their life. This scientist is using the \_\_\_\_\_\_ method of research.

a) laboratory observation

b) correlational

c) survey

d) experimental

Answer: b

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Medium

Bloom’s level: Application

122. A correlation coefficient is a number that varies between \_\_\_\_\_\_.

a) –0.50 and 0.50

b) –1.00 and 1.00

c) –2.00 and 2.00

d) –5.00 and 5.00

Answer: b

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

123. A correlation coefficient measures \_\_\_\_\_\_ of the relationship between two variables.

a) neither the strength nor direction

b) the strength, but not the direction

c) the direction, but not the strength

d) both the strength and direction

Answer: d

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

124. Which of the following is the strongest correlation between two variables?

a) +0.23

b) –0.01

c) +0.79

d) –0.97

Answer: d

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Comprehension

125. Which of the following represents the weakest correlation between two variables?

a) +0.23

b) +0.01

c) –0.79

d) –0.97

Answer: b

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Comprehension

126. A relationship between variables in which one variable increases as the other also increases is a \_\_\_\_\_\_.

a) placebo effect

b) positive correlation

c) selection factor

d) negative correlation

Answer: b

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

127. A relationship between variables in which one variable increases as the other decreases is a \_\_\_\_\_\_.

a) placebo effect

b) a positive correlation

c) a selection factor

d) a negative correlation

Answer: d

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

128. Scientists have found that, on average, as a person's height increases, so does her or his weight. This finding is an example of \_\_\_\_\_\_.

a) placebo effect

b) a positive correlation

c) a selection factor

d) a negative correlation

Answer: b

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Medium

Bloom’s level: Application

129. Scientists have found that, on average, as people’s scores on intelligence tests increase, the better their academic performance tends to be. This is an example of \_\_\_\_\_\_.

a) a neutral correlation

b) a positive correlation

c) a selection factor

d) a negative correlation

Answer: b

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Medium

Bloom’s level: Application

130. Scientists have found that, on average, as a person's weight increases, her or his activity level decreases. This is an example of \_\_\_\_\_\_.

a) placebo effect

b) a positive correlation

c) a selection factor

d) a negative correlation

Answer: d

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Medium

Bloom’s level: Application

131. Scientists have found that, on average, as people’s stress levels increase, the functioning of their immune system decreases. This is an example of \_\_\_\_\_\_.

a) a neutral correlation

b) a positive correlation

c) a selection factor

d) a negative correlation

Answer: b

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Medium

Bloom’s level: Application

132. A weakness of correlational studies is that \_\_\_\_\_\_.

a) they are expensive to set up and time consuming to run

b) they are subject to high levels of bias and distortion

c) they often require the use of deception, raising several ethical issues

d) they cannot be used to prove cause and effect

Answer: d

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Comprehension

133. A scientist is interested in finding out if there is a statistical relationship between cigarette smoking and lung cancer. Which type of research will be most effective in this regard?

a) a survey

b) laboratory observation

c) naturalistic observation

d) a correlational study

Answer: d

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Medium

Bloom’s level: Application

134. Recent research indicates that people who live together before getting married are \_\_\_\_\_\_ than people who marry without living together first.

a) less likely to have extramarital affairs

b) more likely to have extramarital affairs

c) more likely to get divorced

d) less likely to get divorced

Answer: c

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

135. Most psychologists agree that the preferred method for determining cause and effect in human behavior is the \_\_\_\_\_\_ method.

a) case study

b) correlational

c) laboratory observation

d) experimental

Answer: d

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

136. If a researcher could ethically conduct research to directly find out what **CAUSES** the relationship between lung cancer and cigarette smoking, what method of research would be most effective for doing this?

a) an experimental study

b) a case study

c) a correlational study

d) a laboratory observation study

Answer: a

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Medium

Bloom’s level: Analysis

137. A scientific method that seeks to discover cause-and-effect relationships by introducing independent variables and observing their effects on dependent variables is the \_\_\_\_\_\_ method.

a) correlational

b) experimental

c) naturalistic observation

d) case study

Answer: b

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

138. A condition in a scientific study which is manipulated so that its effects may be observed is the \_\_\_\_\_\_.

a) dependent variable

b) experimental control

c) experimental blind

d) independent variable

Answer: d

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

139. In an experiment, if there are two groups of drivers being studied and one group is given alcohol to measure its effects on driving ability while the other group is not given the alcohol, the alcohol would be considered the \_\_\_\_\_\_.

a) dependent variable

b) experimental control

c) experimental blind

d) independent variable

Answer: d

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Medium

Bloom’s level: Application

140. In an experiment, if there are two groups being studied and one group is given alcohol to measure its effects on driving ability, while the other group is not given the alcohol, the subjects’ driving ability is the \_\_\_\_\_\_.

a) dependent variable

b) experimental control

c) experimental blind

d) independent variable

Answer: a

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Medium

Bloom’s level: Application

141. A measure of the assumed effect of an independent variable is the \_\_\_\_\_\_.

a) dependent variable

b) experimental control

c) experimental blind

d) placebo effect

Answer: a

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

142. In an experiment, if there are two groups being studied and one group is given alcohol to measure its effects, while the other group is not given alcohol, the alcohol would be considered \_\_\_\_\_\_.

a) the blind

b) the control

c) the independent variable

d) the dependent variable

Answer: c

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Medium

Bloom’s level: Application

143. In an experiment, if there are two groups being studied and one group is given alcohol to measure its effects while the other group is not given alcohol, the people receiving the alcohol would be considered \_\_\_\_\_\_.

a) the dependent group

b) the experimental group

c) the independent group

d) the control group

Answer: b

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Medium

Bloom’s level: Application

144. In an experiment, if there are two groups being studied and one group is given alcohol to measure its effects while the other group is not given alcohol, the people who do not get the alcohol would be considered \_\_\_\_\_\_.

a) the dependent group

b) the experimental group

c) the independent group

d) the control group

Answer: d

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Medium

Bloom’s level: Application

145. In well-designed studies subjects are assigned \_\_\_\_\_\_ to treatment and control groups.

a) arbitrarily

b) haphazardly

c) randomly

d) sequentially

Answer: c

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Comprehension

146. Which of the following is **NOT** used to help control for subjects' behavior and expectations in an experimental study?

a) placebo

b) blind

c) random assignment

d) a selection factor

Answer: d

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Comprehension

147. In social situations, men who believe they have been drinking alcohol tend to become \_\_\_\_\_\_ anxious and \_\_\_\_\_\_ aggressive.

a) less; less

b) less; more

c) more; less

d) more; more

Answer: b

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

148. In social situations, men who believe they have been drinking alcohol tend to become \_\_\_\_\_\_ sexually aroused and \_\_\_\_\_\_ aggressive.

a) less; less

b) less; more

c) more; less

d) more; more

Answer: d

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

149. In social situations, men who believe they have been drinking alcohol tend to become \_\_\_\_\_\_ anxious and \_\_\_\_\_\_ sexually aroused.

a) less; less

b) less; more

c) more; less

d) more; more

Answer: b

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

150. A bogus treatment that has the appearance of being genuine is called \_\_\_\_\_\_.

a) a placebo

b) a control

c) a schema

d) a selection factor

Answer: a

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

151. In a study to measure the effects of a new drug to treat anxiety, some subjects are given the real drug while others are given sugar pills. In this situation, the sugar pills are being used as \_\_\_\_\_\_.

a) a placebo

b) a selection factor

c) a blind

d) a pablum

Answer: a

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Medium

Bloom’s level: Application

152. In experiments, some subjects are kept unaware of whether or not they have received an experimental treatment. This is known as keeping the subjects \_\_\_\_\_\_.

a) confused

b) generalized

c) blind

d) isolated

Answer: c

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Comprehension

153. Experiments in which neither the subjects nor the researchers know who has been given the treatment and who has not are known as \_\_\_\_\_\_ studies.

a) single blind

b) double blind

c) tertiary

d) strain

Answer: b

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

154. Lang’s (1975. study found that men who drank nonalcoholic tonic water but who had been led to believe that it contained alcohol \_\_\_\_\_\_.

a) did not change in their behavior patterns and continued to act sober

b) were somewhat more aggressive, but not as aggressive as men who drank tonic water actually containing alcohol

c) were more aggressive than men who had unknowingly drank tonic water actually containing alcohol

d) passed out and were unable to be compared to men who drank tonic water actually containing alcohol

Answer: c

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

155. In double-blind controlled studies, evidence shows that \_\_\_\_\_\_ can guess at greater than chance levels of accuracy whether an active drug or placebo was used.

a) neither prescribing doctors nor patients

b) prescribing doctors, but not patients

c) patients, but not prescribing doctors

d) both prescribing doctors and patients

Answer: d

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Comprehension

156. Each of the following is recommended by your authors for taking an active approach to learning **EXCEPT** \_\_\_\_\_\_.

a) plan ahead

b) study only one subject per day

c) practice self-reward

d) expand your attention span

Answer: b

Section Reference: Becoming a successful student

Learning Objective: 1.5: Apply tested study skills to your class

Difficulty: Easy

Bloom’s level: Knowledge

157. Most of us learn \_\_\_\_\_\_.

a) better by not doing any formal studying

b) better through massed learning rather than distributed learning

c) equally well from either massed or distributed learning

d) better through distributed learning rather than massed learning

Answer: d

Section Reference: Becoming a successful student

Learning Objective: 1.5: Apply tested study skills to your class

Difficulty: Easy

Bloom’s level: Knowledge

158. The person who on average earns the most money per year is someone with a \_\_\_\_\_\_.

a) doctorate degree

b) certificate in a skilled trade

c) professional degree

d) master’s degree

Answer: c

Section Reference: Becoming a successful student

Learning Objective: 1.5: Apply tested study skills to your class

Difficulty: Easy

Bloom’s level: Knowledge

159. According to government statistics, when compared to high school graduates, over a lifetime of earnings, people with college degrees earn \_\_\_\_\_\_.

a) about the same amount

b) about $100,000 more

c) about $500,000 more

d) about $1,000,000 more

Answer: d

Section Reference: Becoming a successful student

Learning Objective: 1.5: Apply tested study skills to your class

Difficulty: Easy

Bloom’s level: Knowledge

160. The widely used study technique developed by psychologist Francis Robinson in 1970 is the \_\_\_\_\_\_ system.

a) OK5R

b) SBQ

c) SPVQ

d) SQ3R

Answer: d

Section Reference: Becoming a successful student

Learning Objective: 1.5: Apply tested study skills to your class

Difficulty: Easy

Bloom’s level: Knowledge

161. The SQ3R system was developed for \_\_\_\_\_\_.

a) reading your textbook

b) taking better classroom notes

c) reducing test anxiety

d) improving visual perception

Answer: a

Section Reference: Becoming a successful student

Learning Objective: 1.5: Apply tested study skills to your class

Difficulty: Easy

Bloom’s level: Knowledge

162. In the SQ3R study system, the 3 R’s stand for \_\_\_\_\_\_.

a) read, recite, reflect

b) recite, reflect, review

c) read, recite, review

d) reduce, recite, reflect

Answer: c

Section Reference: Becoming a successful student

Learning Objective: 1.5: Apply tested study skills to your class

Difficulty: Easy

Bloom’s level: Knowledge

163. The “S” in the SQ3R system stands for \_\_\_\_\_\_.

a) study

b) survey

c) select

d) surround

Answer: b

Section Reference: Becoming a successful student

Learning Objective: 1.5: Apply tested study skills to your class

Difficulty: Easy

Bloom’s level: Knowledge

164. Each of the following is true of test anxiety **EXCEPT** \_\_\_\_\_\_.

a) it is often linked to exaggerated, catastrophic thoughts

b) it can make it difficult to focus your attention to the best of your ability

c) it can be alleviated by using relaxation techniques

d) it is not commonly found among college students

Answer: d

Section Reference: Becoming a successful student

Learning Objective: 1.5: Apply tested study skills to your class

Difficulty: Easy

Bloom’s level: Comprehension

165. Each of the following is a step toward restructuring your thinking when trying to reduce anxiety **EXCEPT** \_\_\_\_\_\_.

a) identify irrational catastrophizing thoughts

b) focus and concentrate on those irrational catastrophizing thoughts

c) construct rational alternative thoughts

d) substitute rational alternative thoughts

Answer: b

Section Reference: Becoming a successful student

Learning Objective: 1.5: Apply tested study skills to your class

Difficulty: Easy

Bloom’s level: Comprehension

166. Listening to your iPod, while simultaneously watching TV when you are studying is an example of \_\_\_\_\_\_.

a) multitasking

b) the Pygmalion effect

c) convergence of focus

d) diversification

Answer: a

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Medium

Bloom’s level: Application

167. The word *multitasking* is derived from the field of \_\_\_\_\_\_.

a) ergonomics

b) physics

c) social psychology

d) computer science

Answer: d

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

168. The process of engaging in two or more activities at a time is known as \_\_\_\_\_\_.

a) multitasking

b) networking

c) convergence of focus

d) diversification of effort

Answer: a

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

169. The key problem with multitasking is one of \_\_\_\_\_\_.

a) technological limitations

b) environmental distractions

c) divided attention

d) motivational fatigue

Answer: c

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Comprehension

170. Driving while using a cell phone increases our risk of motor vehicle accidents by about \_\_\_\_\_\_.

a) twofold

b) threefold

c) fourfold

d) fivefold

Answer: c

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

171. The inability to fully concentrate on your driving when you are also using a cell phone is called \_\_\_\_\_\_.

a) distraction myopia

b) response cost

c) inattention blindness

d) myopic psychopathy

Answer: c

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

172. Distracted driving is involved in about one in \_\_\_\_\_\_ fatal automobile accidents.

a) three

b) six

c) nine

d) twelve

Answer: b

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

173. About one in \_\_\_\_\_\_ male and female drivers report texting messages while driving.

a) three

b) five

c) seven

d) nine

Answer: b

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

174. The problem of overloading our mental resources is especially keen when it comes to tasks that \_\_\_\_\_\_.

a) involve well-practiced mechanical skills

b) engage different areas of the brain

c) engage the same parts of the brain

d) involve using our dominant hand

Answer: c

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Comprehension

175. In which of the following situations would multitasking be most difficult?

a) listening to TV while engaging in a phone conversation

b) thinking about a math problem while tapping your fingers on a desk

c) planning your daily schedule while washing dishes

d) running a quarter-mile track while thinking about a research problem

Answer: a

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Medium

Bloom’s level: Analysis

176. In which of the following situations would multitasking be least difficult?

a) listening to TV while engaging in a phone conversation

b) text messaging while driving

c) listening to your iPod while studying for a test

d) thinking about a research problem while washing dishes

Answer: d

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Medium

Bloom’s level: Analysis

177. We tend to multitask best when \_\_\_\_\_\_.

a) engaging in tasks that both involve the same parts of the brain

b) trying to accomplish challenging mental tasks

c) using our nondominant hand or foot for one of the tasks

d) one of the tasks is a well-practiced mechanical habit, such as washing dishes

Answer: d

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Comprehension

178. According to Vladimir Horowitz, the worst thing that can befall concert pianists during a performance is to \_\_\_\_\_\_.

a) lose track of time

b) think about what their fingers are doing

c) focus on the reaction of the audience

d) get “lost” in the music

Answer: b

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

179. People who are 8 to 18 years old in our society spend an average of \_\_\_\_\_\_ minutes a day talking on the cell phone.

a) 10

b) 30

c) 60

d) 90

Answer: b

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

180. The average teenage girl in the United States receives or sends about \_\_\_\_\_\_ text messages per month.

a) 40

b) 400

c) 4,000

d) 40,000

Answer: c

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

181. The average teenage girl in the United States sends or receives an average of \_\_\_\_\_\_ text messages per day.

a) 125

b) 250

c) 375

d) 500

Answer: a

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

182. America’s youth spend an average of about \_\_\_\_\_\_ hours per day using electronic media, in one form or another

a) 3

b) 5

c) 7

d) 9

Answer: c

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

183. Recent research has found each of the following **EXCEPT** \_\_\_\_\_\_.

a) greater cell phone usage is linked to less face-to-face interactions among students

b) cell phones have the potential to create social friction

c) some communities have instituted fines for inappropriate cell phone use in public places

d) cell phones have the potential to increase our social connections with others

Answer: a

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Comprehension

184. A 2010 study found that greater cell phone use was linked to \_\_\_\_\_\_ face-to-face interaction among students, and \_\_\_\_\_\_ interaction with the people they call.

a) less; less

b) less; more

c) more; less

d) more; more

Answer: d

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

185. The study of human happiness is front and center in the field of \_\_\_\_\_\_ psychology.

a) abnormal

b) developmental

c) positive

d) behavioral

Answer: c

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

186. Winning the lottery tends to \_\_\_\_\_\_.

a) result in long-term decreases in happiness.

b) have no impact on happiness whatsoever

c) result in only a temporary boost in happiness

d) promote long-term increases in happiness

Answer: c

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Comprehension

187. Increases in happiness related to winning the lottery tend to \_\_\_\_\_\_.

a) fade within a few days

b) fade within a few weeks

c) fade within a year or so

d) remain constant for at least 5 to 10 years

Answer: c

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Comprehension

188. Each of the following has been linked to happiness **EXCEPT** \_\_\_\_\_\_.

a) genetics

b) intelligence

c) having friends

d) religious faith

Answer: b

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Comprehension

189. Seligman believes that boosting happiness involves each of the following fundamental challenges **EXCEPT** \_\_\_\_\_\_.

a) engaging in pleasurable activities

b) becoming absorbed and engaged in activities in daily life

c) finding meaning or personal fulfillment in life activities

d) becoming immersed in religious devotion and spiritual development

Answer: d

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Comprehension

190. Today, roughly \_\_\_\_\_\_ of US residents are members of traditionally recognized ethnic or minority groups.

a) one-tenth

b) one-third

c) one-half

d) two-thirds

Answer: b

Section Reference: Human diversity and adjustment

Learning Objective: 1.2: Describe the role of psychology in understanding human diversity

Difficulty: Easy

Bloom’s level: Knowledge

191. Presently, \_\_\_\_\_\_ are the largest minority groups in the United States.

a) Asian Americans and African Americans

b) Hispanics and Asian Americans

c) Hispanics and African Americans

d) African Americans and Native Americans

Answer: c

Section Reference: Human diversity and adjustment

Learning Objective: 1.2: Describe the role of psychology in understanding human diversity

Difficulty: Easy

Bloom’s level: Knowledge

192. Currently, the two fastest growing US population groups are \_\_\_\_\_\_.

a) Asian Americans and African Americans

b) Hispanics and Asian Americans

c) Hispanics and African Americans

d) African Americans and Native Americans

Answer: b

Section Reference: Human diversity and adjustment

Learning Objective: 1.2: Describe the role of psychology in understanding human diversity

Difficulty: Easy

Bloom’s level: Knowledge

193. The ethnic diversity of American college students \_\_\_\_\_\_.

a) is significantly less diverse than the diversity in the general population

b) is about the same as the diversity in the general population

c) is significantly greater than the diversity in the general population

d) has, to date, not been scientifically studied

Answer: b

Section Reference: Human diversity and adjustment

Learning Objective: 1.2: Describe the role of psychology in understanding human diversity

Difficulty: Easy

Bloom’s level: Knowledge

194. About \_\_\_\_\_\_ percent of American college students report either Hispanic, Black, or Asian ethnicity.

a) 5

b) 15

c) 30

d) 45

Answer: c

Section Reference: Human diversity and adjustment

Learning Objective: 1.2: Describe the role of psychology in understanding human diversity

Difficulty: Easy

Bloom’s level: Knowledge

195. By the middle of the century, whites will constitute a \_\_\_\_\_\_ of the US population.

a) small minority

b) large minority

c) slim majority

d) large majority

Answer: c

Section Reference: Human diversity and adjustment

Learning Objective: 1.2: Describe the role of psychology in understanding human diversity

Difficulty: Easy

Bloom’s level: Knowledge

196. Each of the following is true **EXCEPT** \_\_\_\_\_\_.

a) much of the information on the Internet is incomplete, misleading, difficult for the average person to understand, or just plain wrong

b) the Internet provides a vast repository about psychology, self-help, relationships, and health

c) most health-related product claims on the Internet are scientifically valid

d) many money-back guarantees do not promise that the product will work as advertised

Answer: c

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Comprehension

197. According to your text, which of the following is the preferred method of communication for millions of Americans today?

a) email

b) texting

c) telephone calls

d) speaking

Answer: b

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

Question Type: True/False

199. Feelings of depression are normal following a loss, such as the end of a relationship.

Answer: True

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

200. Overall, the majority of college students today seek counseling for mental health problems either before or during college.

Answer: False

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

201. Adjustment is behavior that permits us to meet the demands of the environment.

Answer: True

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

202. We can multitask most efficiently if we are engaging in two tasks that both use the same parts of the brain.

Answer: False

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

203. Paying too much attention to routine tasks may be counterproductive.

Answer: True

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

204. There is a one-to-one connection between some individual genes and corresponding psychological traits.

Answer: False

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

205. Psychological traits such as intelligence and shyness are biologically transmitted from generation to generation with little environmental influence.

Answer: False

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Easy

Bloom’s level: Knowledge

206. The cultural heritages of ethnic minority groups are likely to have increasing impacts on the cultural life of the United States.

Answer: True

Section Reference: Human diversity and adjustment

Learning Objective: 1.2: Describe the role of psychology in understanding human diversity

Difficulty: Easy

Bloom’s level: Knowledge

207. Women were not permitted to attend college in the United States until 1833.

Answer: True

Section Reference: Human diversity and adjustment

Learning Objective: 1.2: Describe the role of psychology in understanding human diversity

Difficulty: Easy

Bloom’s level: Knowledge

208. Most astrological predictions have been supported by scientific research.

Answer: False

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Knowledge

209. Scientific statements about behavior must be supported by evidence.

Answer: True

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Knowledge

210. Scientific research has shown that TV violence causes aggressiveness in children.

Answer: False

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

211. There is a historic bias of conducting research with women in the field of health.

Answer: False

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

212. Research findings with men can usually be generalized to women.

Answer: False

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

213. Sigmund Freud developed his theory of personality largely on the basis of experimental studies.

Answer: False

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

214. A random sample of 1,500 people will represent the general U.S. population reasonably well.

Answer: True

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

215. You use the naturalistic observation method every day of your life.

Answer: True

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowedge

216. The naturalistic observation method is the best method for determining the causes of behavior.

Answer: False

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

217. Correlational research suggests relationships between variables, but does not show, cause and effect.

Answer: True

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

218. The FDA requires double-blind drug studies before it allows the marketing of new drugs.

Answer: True

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Knowledge

219. People learn better through massed learning rather than distributed learning.

Answer: False

Section Reference: Becoming a successful student

Learning Objective: 1.5: Apply tested study skills to your class

Difficulty: Easy

Bloom’s level: Knowledge

220. We learn best when we study no more than one subject per day.

Answer: False

Section Reference: Becoming a successful student

Learning Objective: 1.5: Apply tested study skills to your class

Difficulty: Easy

Bloom’s level: Knowledge

221. SQ3R is a study method.

Answer: True

Section Reference: Becoming a successful student

Learning Objective: 1.5: Apply tested study skills to your class

Difficulty: Easy

Bloom’s level: Knowledge

Question Type: Essay

222. Explain what psychology is, what psychologists do, and how psychology can be helpful in exploring adjustment and growth issues.

Answer:

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment

Difficulty: Medium

Bloom’s level: Application

223. Define multitasking. Identify and describe the various positive and negative effects of multitasking. Are we better at multitasking some activities than others? Explain.

Answer:

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment.

Difficulty: Medium

Bloom’s level: Analysis

224. Summarize research findings on cell phone use and its positive and negative effects. Draw some conclusions and recommendations.

Answer:

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment.

Difficulty: Medium

Bloom’s level: Analysis

225. Compare and contrast adjustment and personal growth.

Answer:

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment.

Difficulty: Medium

Bloom’s level: Knowledge

226. Explain what genes and chromosomes are and what they do. Also, discuss why biology is not necessarily destiny.

Answer:

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment.

Difficulty: Easy

Bloom’s level: Comprehension

227. Compare and contrast between the clinical and healthy-personality approaches to adjustment.

Answer:

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment.

Difficulty: Medium

Bloom’s level: Analysis

228. Discuss the focus and goals of positive psychology. Next explain the three fundamental challenges for boosting happiness, and lastly, describe at least three techniques for boosting happiness.

Answer:

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment.

Difficulty: Medium

Bloom’s level: Application

2329. Summarize research findings on what does, and/or does not, make people happy.

Answer:

Section Reference: Psychology and adjustment

Learning Objective: 1.1: Define psychology and adjustment.

Difficulty: Easy

Bloom’s level: Comprehension

230. Define the term *ethnic group* and discuss why it is important to study human diversity.

Answer:

Section Reference: Human diversity and adjustment

Learning Objective: 1.2: Describe the role of psychology in understanding human diversity

Difficulty: Easy

Bloom’s level: Comprehension

231. Define the term *gender* and discuss the various prejudices experienced by women historically and in scientific research.

Answer:

Section Reference: Human diversity and adjustment

Learning Objective: 1.2: Describe the role of psychology in understanding human diversity

Difficulty: Medium

Bloom’s level: Application

232. Explain what critical thinking is and why it is essential to include it in your relationship to adjustment.

Answer:

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Comprehension

233. Identify and briefly explain the eight principles of critical thinking.

Answer:

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Easy

Bloom’s level: Knowledge

234. Show how critical thinking can be used to examine the claims made by supporters of astrology and other pseudosciences.

Answer:

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Hard

Bloom’s level: Synthesis

235. Explain at least five ways that critical thinking can be used to protect yourself from the false claims made in many self-help books.

Answer:

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Hard

Bloom’s level: Synthesis

236. Analyze how critical thinking can help protect people while surfing online.

Answer:

Section Reference: Critical thinking and adjustment

Learning Objective: 1.3: Explain the science of psychology

Difficulty: Hard

Bloom’s level: Synthesis

237. Explain what the scientific method is and describe the various steps involved in it.

Answer:

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Comprehension

238. Explain and provide some examples of the various sampling bias problems present in scientific research regarding women.

Answer:

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Medium

Bloom’s level: Application

239. Identify and briefly explain the various methods of observation used by psychologists.

Answer:

Section Reference: How psychologists study adjustment

Learning Objective: 1.4: Explain the basics of psychological research

Difficulty: Easy

Bloom’s level: Comprehension