

# TEST BANK

## Essentials of Understanding Psychology 14th Edition by Robert Feldman

### Chap 01. Introduction to Psychology.

- 1) Psychology is defined as the
  - A) intuition-based approach to study human behavior.
  - B) speculative method to find answers about human cognition.
  - C) study of mental disorders and their treatment.
  - D) scientific study of behavior and mental processes.
  
- 2) Akira has declared psychology as his major. He will be studying
  - A) internal medicine.
  - B) behavior and mental processes.
  - C) mental disorders and their diagnosis and treatment.
  - D) the disorders of the central nervous system.
  
- 3) A single-sentence definition of psychology may be misleading because
  - A) it is very difficult to study the mind and behavior scientifically.
  - B) psychology is a narrower, more specific field than a general definition might suggest.
  - C) psychologists disagree on how broad psychology should really be.
  - D) the discipline of psychology really has no core or center.
  
- 4) In order to study mind and behavior, psychologists
  - A) rely on the scientific method.
  - B) use their intuition.
  - C) rely on the study of internal medicine.
  - D) use speculation.

- 5) In which of the following scenarios is a scientific explanation being provided to explain a phenomenon?
- A) When asked if violent video games have an impact on players, Dr. Lee replies that there is substantial empirical evidence to suggest a change in the gamers' behavior.
  - B) When asked if mood influences social behavior, Dr. Sessler replies that he believes that it does.
  - C) When asked if addiction is a disease or a choice, Dr. Smith replies that he knows many addicts and he feels that they have a disease.
  - D) When asked if he can train his mind to not feel physical pain, Dr. Farnworth replies that he focuses on his breathing when he feels pain to increase his tolerance for it.
- 6) Which of the following statements is true of the diverse subfields of psychology?
- A) They allow psychologists to explain different types of behavior using the same techniques and experiments.
  - B) Though they are individually separate and distinct, they all share a common goal of understanding behavior.
  - C) They always lead to an MD (doctor of medicine) degree.
  - D) They are not related at all other than being considered a part of psychology.
- 7) Dr. Alvarez is currently studying how the degeneration of certain components of nerve cells in the brain leads to Lewy body disease. Dr. Alvarez's work is most likely to be a part of the \_\_\_\_\_ subfield of psychology.
- A) evolutionary
  - B) developmental
  - C) industrial-organizational
  - D) behavioral neuroscience
- 8) Which of the following is the focus of experimental psychology?
- A) exploring the relationship between psycho-logical factors and physical ailments or disease
  - B) investigating the relationship between people and their physical environment
  - C) studying the processes of sensing, perceiving, learning, and thinking about the world
  - D) analyzing how people grow and change from the moment of conception through death

- 9) Which of the following subfields of psychology matches with its description?
- A) Cognitive psychology examines the relationship between the nervous system and behavior.
  - B) Developmental psychology examines how people grow and change from conception through death.
  - C) Experimental psychology explores the relationship between psycho-logical factors and physical ailments or disease.
  - D) Clinical psychology focuses on the consistency in people's behavior over time and the traits that differentiate one per-son from another.
- 10) Which of the following subfields of psychology is CORRECTLY matched with a sample topic?
- A) behavioral neuroscience: the influence of chronic stress on physical health
  - B) developmental psychology: the effectiveness of drug therapy for obsessive-compulsive disorder
  - C) cognitive psychology: the influence of an event on people's thinking
  - D) health psychology: the role that frustration plays in producing aggression
- 11) Which of the following is true of cognitive psychology?
- A) It studies the inheritance of traits related to behavior.
  - B) It stems from Charles Darwin's arguments in his book, *On the Origin of Species*.
  - C) It is a subspecialty of experimental psychology.
  - D) It includes subfields such as developmental and personality psychology.
- 12) \_\_\_\_\_ psychology focuses on higher mental processes, including thinking, memory, reasoning, problem solving, judging, decision making, and language.
- A) Developmental
  - B) Personality
  - C) Clinical
  - D) Cognitive

- 13) Why is the term experimental psychologist considered somewhat misleading?
- A) Psychologists in every subfield use the experimental method.
  - B) The term is no longer in existence.
  - C) Most psychological topics are not suited to experimental study.
  - D) Experimental methods are only appropriate to the study of the biological bases of behavior.
- 14) Which of the following is true of evolutionary psychology?
- A) It has already led to promising new treatments for psychological disorders.
  - B) It considers how behavior is influenced by our genetic inheritance from our ancestors.
  - C) It suggests that significant behaviors cannot be unfolded automatically as they are wired into the human species.
  - D) It is one of the subspecialties of experimental psychology.
- 15) Which of the following branches of psychology focuses on the consistency in people's behavior over time and the traits that differentiate one person from another?
- A) clinical psychology
  - B) personality psychology
  - C) cognitive psychology
  - D) evolutionary psychology
- 16) Dr. Chen studies how people grow and change during late adolescence and young adulthood. Dr. Doherty focuses on several traits that distinguish one person from another. Dr. Chen is a(n)\_\_\_\_\_; Dr. Doherty is a(n)\_\_\_\_\_.
- A) experimental psychologist; cognitive psychologist
  - B) health psychologist; clinical psychologist
  - C) developmental psychologist; personality psychologist
  - D) clinical psychologist; counseling psychologist
- 17) Dr. Ebrahim is involved in a study that tracks the changes in peer relationships among adolescents between the ages 13 and 17. Dr. Ebrahim is a(n)\_\_\_\_\_ psychologist.
- A) cognitive
  - B) evolutionary
  - C) educational
  - D) developmental

- 18) Matias, a five-year-old, has just started preschool. As a preschooler, he must get used to being away from his parents for a few hours and being around other children and adults. His parents feel that this change may be difficult for him. A psychologist studying Matias's case is likely to belong to the field of
- A) clinical psychology.
  - B) developmental psychology.
  - C) health psychology.
  - D) evolutionary psychology.
- 19) Identify a true statement about health psychology.
- A) Health psychologists seeks to understand how humans might inherit certain healthy traits and how the environment influences whether they display such traits.
  - B) Health psychologists are interested in identifying ways to promote behavior that brings about good health.
  - C) Health psychology concentrates on such diverse topics as human aggression, liking and loving, persuasion, and conformity.
  - D) Health psychology stems from Charles Darwin's arguments in his groundbreaking 1859 book, *On the Origin of Species*.
- 20) During a discussion on the psychological aspects of suicide bombers, Dr. Gerami asserts the role of strong authority figures in encouraging the actions of suicide bombers. However, Dr. Islington proposes the role of internal traits in suicide bombing. Which of the following BEST identifies the subfields in which each of them specializes?
- A) Dr. Gerami: personality psychology; Dr. Islington: social psychology
  - B) Dr. Gerami: social psychology; Dr. Islington: cross-cultural psychology
  - C) Dr. Gerami: social psychology; Dr. Islington: personality psychology
  - D) Dr. Gerami: cross-cultural psychology; Dr. Islington: personality psychology
- 21) Enterprise City has been hard hit by a recent economic downturn. Local psychologists are holding a public workshop to help the citizens cope with the adversity. Dr. Kurutz is outlining strategies to help adults who have been laid off avoid overeating and the use of drugs or alcohol. Dr. Kurutz is most likely a(n)\_\_\_\_\_ psychologist.
- A) experimental
  - B) cross-cultural
  - C) social
  - D) health

- 22) As a program manager, Jazmin is required to sit at her computer for long hours working constantly on similar projects. As a result, she has lost all motivation to perform better. In addition, she has developed a negative attitude toward her coworkers and has stopped contributing to team efforts. To help her become a better employee, Jazmin's manager is likely to refer her to a(n)
- A) cognitive psychologist.
  - B) experimental psychologist.
  - C) industrial psychologist.
  - D) health psychologist.
- 23) Fiona helps students with attention deficit hyperactivity disorder (ADHD) develop effective study regimens and strategies. Fiona is most likely a(n)\_\_\_\_\_ psychologist.
- A) health
  - B) experimental
  - C) developmental
  - D) counseling
- 24) Dr. Growe is reading about a research study in which psychologists investigated the effect of group size on the conformity of group members. Dr. Growe is most likely reading the *Journal of \_\_\_\_\_ Psychology*.
- A) *Developmental*
  - B) *Social*
  - C) *Counseling*
  - D) *Evolutionary*
- 25) Unlike clinical psychology, counseling psychology
- A) involves diagnosing and treating problems that range from the crises of everyday life to more extreme conditions.
  - B) unites the areas of neuroscience and clinical psychology.
  - C) focuses specifically on educational, social, and career adjustment problems.
  - D) builds on advances in the human understanding of the structure and chemistry of the brain.

- 26) Victor works in a university. According to his job description, he is required to help students understand what kind of jobs they are suited for, identify the best learning practices, and resolve problems with their peers. Victor works as a \_\_\_\_\_ in the university.
- A) developmental psychologist
  - B) personality psychologist
  - C) social psychologist
  - D) counseling psychologist
- 27) Hugo is a college student. He is unable to cope with the workload. He does not get along with his classmates. He goes to his teacher for advice. Hugo's teacher is likely to refer him to a
- A) health psychologist.
  - B) counseling psychologist.
  - C) personality psychologist.
  - D) clinical psychologist.
- 28) Which of the following is true of social psychologists?
- A) They argue that our genetic inheritance determines not only physical traits but certain personality traits and social behaviors as well.
  - B) They are concerned with identifying ways to promote behavior that brings about good health.
  - C) They are also called developmental psychologists.
  - D) They concentrate on diverse topics such as human aggression, liking and loving, persuasion, and conformity.
- 29) \_\_\_\_\_ psychologists concentrate on diverse topics such as human aggression, liking and loving, persuasion, and conformity.
- A) Counseling
  - B) Social
  - C) Evolutionary
  - D) Clinical

- 30) Arata's wife died in a car accident. He is unable to cope with the grief; as a result, he loses his appetite, is unable to sleep, cannot focus at work, and avoids his friends and family. His family together decides that he needs help. Arata's family is likely to refer him to a(n)
- A) behavioral geneticist.
  - B) program evaluator.
  - C) industrial/organizational psychologist.
  - D) counseling psychologist.
- 31) Which of the following is true of evolutionary psychologists?
- A) They are interested in how behavior is influenced by genetic inheritance.
  - B) They reject the notions of natural selection and survival of the fittest.
  - C) They are proponents of the idea that introspection reveals the structure of the mind.
  - D) They argue that psychological disorders are brought about by unconscious factors.
- 32) One of the arguments presented in Charles Darwin's book *On the Origin of Species* is that
- A) it is possible to completely understand behavior by studying the environment in which individuals operate.
  - B) psychological disorders rarely originate from biological factors.
  - C) natural selection leads to the development of traits that enable a species to adapt to its environment.
  - D) people's environment has little effect on the traits they exhibit.
- 33) In what way, if any, do evolutionary psychologists go beyond Darwin's arguments?
- A) They suggest that culture influences the nature of behavioral and mental processes.
  - B) They argue that our genetic heritage influences our physical characteristics.
  - C) They argue that our genetic inheritance determines aspects of our personality and social behavior.
  - D) They do not go beyond Darwin's original arguments.



- 34) Dr. Lin and Dr. Marino both study obesity. Dr. Lin relates the likelihood of obesity to levels of the trait of neuroticism—the tendency to experience upsetting emotions. Dr. Marino relates obesity to the frequency with which individuals eat alone, with family members, or in the presence of larger groups of friends, acquaintances, or strangers. Which of the following statements is most likely TRUE regarding the subfields in which the researchers specialize?
- A) Dr. Marino is a social psychologist.
  - B) Dr. Lin is a social psychologist.
  - C) Dr. Marino is a personality psychologist.
  - D) Dr. Lin is a behavioral psychologist.
- 35) Central State University's Department of Psychology is considering expanding its doctoral program to include an additional specialty. The department wants to focus on a "growth" area likely to attract federal research funding as well as up-and-coming new faculty and bright, passionate graduate students. Which of the following specialties should the department consider most closely?
- A) personality psychology
  - B) evolutionary psychology
  - C) perceptual psychology
  - D) cross-cultural psychology
- 36) What is the most controversial aspect of the evolutionary psychology position?
- A) They hold the notion that our evolutionary heritage influences our physical characteristics.
  - B) They promote the idea that our evolutionary heritage might influence aspects of our behavioral and mental processes.
  - C) Evolutionary psychologists downplay the influence of biological inheritance on thought and behavior.
  - D) Evolutionary psychologists minimize the role of environmental and social forces.
- 37) Which of the following is true of behavioral genetics?
- A) It is one of the oldest subfields of psychology.
  - B) It focuses on the biological mechanisms that enable inherited behavior to unfold.
  - C) It suggests that natural selection leads to the development of traits that enable a species to adapt to its environment.
  - D) It unites the areas of neuroscience and clinical psychology.

- 38) Which of the following subfields of psychology matches with its description?
- A) Social psychology is a subfield of psychology that is concerned with the psychology of the workplace.
  - B) Behavioral genetics is a subfield of psychology that deals with the study, diagnosis, and treatment of psychological disorders.
  - C) Clinical neuropsychology is a subfield of psychology that focuses on the biological origin of psychological disorders.
  - D) Industrial/organizational psychology is a subfield of psychology that focuses primarily on educational, social, and career adjustment problems.
- 39) Which of the following is true of clinical neuropsychology?
- A) It considers how behavior is influenced by our genetic inheritance from our ancestors.
  - B) It builds on advances in the human understanding of the structure and chemistry of the brain.
  - C) It stems from the notion of survival of the fittest.
  - D) It focuses primarily on educational, social, and career adjustment problems.
- 40) Assuming Dr. Hart is a clinical neuropsychologist, in which of the following is she likely to be involved?
- A) investigating the relation between depressive disorders and the levels of the neurotransmitter serotonin in the brain
  - B) studying violent dreams to understand the role of unconscious forces affecting an individual's behavior
  - C) studying the effects of long-term stress on an individual's health and physiology
  - D) investigating the relationship between family communication patterns and psychological disorders
- 41) Clinical neuropsychology
- A) focuses primarily on educational, social, and career adjustment problems.
  - B) considers how behavior is influenced by our genetic inheritance from our ancestors.
  - C) seeks to understand how we might inherit certain behavioral traits.
  - D) focuses on the origin of psychological disorders in biological factors.