1. At its beginning, psychology focused on the study of:
   A) observable behavior.
   B) consciousness.
   C) abnormal behavior.
   D) all of the above.

2. As defined by the text, consciousness includes which of the following?
   A) daydreaming
   B) sleeping
   C) hypnosis
   D) all of the above

3. “Consciousness” is defined in the text as:
   A) mental life.
   B) selective attention to ongoing perceptions, thoughts, and feelings.
   C) information processing.
   D) a vague concept no longer useful to contemporary psychologists.
   E) our awareness of ourselves and our environment.

4. Concluding his presentation on levels of information processing, Miguel states that:
   A) humans process both conscious and subconscious information in parallel.
   B) conscious processing occurs in parallel, while subconscious processing is serial.
   C) conscious processing is serial, while subconscious processing is parallel.
   D) all information processing is serial in nature.

5. Which of the following statements concerning daydreaming is true?
   A) People prone to violence or drug use tend to have more frequent vivid daydreams.
   B) Most daydreaming involves the familiar details of our everyday lives.
   C) Psychologists consider children's daydreams to be unhealthy.
   D) All of the above are true.

6. Which of the following groups tends to daydream the most?
   A) elderly men
   B) elderly women
   C) middle-aged women
   D) middle-aged men
   E) young adults

7. Circadian rhythms are the:
   A) brain waves that occur during Stage 4 sleep.
   B) muscular tremors that occur during opiate withdrawal.
   C) regular body cycles that occur on a 24-hour schedule.
   D) brain waves that are indicative of Stage 2 sleep.
8. Which of the following is not an example of a biological rhythm?
   A) feeling depressed during the winter months
   B) the female menstrual cycle
   C) the five sleep stages
   D) the peaking of body temperature during the day
   E) sudden sleep attacks during the day

9. The sleep-waking cycles of people who stay up too late typically are ________ hours in duration.
   A) 23
   B) 24
   C) 25
   D) 26

10. When our ________ is disrupted, we experience jet lag.
    A) daydreaming
    B) REM sleep
    C) circadian rhythm
    D) Stage 4 sleep
    E) Stage 1 sleep

11. A person whose EEG shows a high proportion of alpha waves is most likely:
    A) dreaming.
    B) in Stage 2 sleep.
    C) in Stage 3 sleep.
    D) in Stage 4 sleep.
    E) awake and relaxed.

12. Sleep spindles predominate during which stage of sleep?
    A) Stage 2
    B) Stage 3
    C) Stage 4
    D) REM sleep

13. During which stage of sleep does the body experience increased heart rate, rapid breathing, and genital arousal?
    A) Stage 2
    B) Stage 3
    C) Stage 4
    D) REM sleep
14. Which of the following is characteristic of REM sleep?
   A) genital arousal
   B) increased muscular tension
   C) night terrors
   D) slow, regular breathing
   E) alpha waves

15. Although her eyes are closed, Adele's brain is generating bursts of electrical activity. It is likely that Adele is:
   A) under the influence of a depressant.
   B) under the influence of an opiate.
   C) in NREM sleep.
   D) in REM sleep.
   E) having a near-death experience.

16. REM sleep is referred to as “paradoxical sleep” because:
   A) studies of people deprived of REM sleep indicate that REM sleep is unnecessary.
   B) the body's muscles remain relaxed while the brain and eyes are active.
   C) it is very easy to awaken a person from REM sleep.
   D) the body's muscles are very tense while the brain is in a nearly meditative state.
   E) erection during REM sleep indicates sexual arousal.

17. A PET scan of a sleeping person's brain reveals increased activity in the visual and auditory areas. This most likely indicates that the sleeper:
   A) has a neurological disorder.
   B) is not truly asleep.
   C) is in REM sleep.
   D) suffers from narcolepsy.

18. The sleep cycle is approximately ________ minutes.
   A) 30
   B) 50
   C) 75
   D) 90

19. The effects of chronic sleep deprivation include:
   A) suppression of the immune system.
   B) altered metabolic and hormonal functioning.
   C) impaired creativity.
   D) increased accident proneness.
   E) all of the above.
20. A person who falls asleep in the midst of a heated argument probably suffers from:
   A) sleep apnea.
   B) narcolepsy.
   C) night terrors.
   D) insomnia.

21. One effect of sleeping pills is to:
   A) decrease REM sleep.
   B) increase REM sleep.
   C) decrease Stage 2 sleep.
   D) increase Stage 2 sleep.

22. According to Freud, dreams are:
   A) a symbolic fulfillment of erotic wishes.
   B) the result of random neural activity in the brainstem.
   C) the brain's mechanism for self-stimulation.
   D) transparent representations of the individual's conflicts.

23. Jill dreams that her boyfriend pushes her in front of an oncoming car. Her psychoanalyst suggests that the dream might symbolize her fear that her boyfriend is rushing her into sexual activity prematurely. The analyst is evidently attempting to interpret the ________ content of Jill's dream.
   A) manifest
   B) latent
   C) dissociated
   D) overt

24. People who heard unusual phrases prior to sleep were awakened each time they began REM sleep. The fact that they remembered less the next morning provides support for the ________ theory of dreaming.
   A) manifest content
   B) physiological
   C) information-processing
   D) activation-synthesis
   E) latent content

25. Which of the following is not a theory of dreaming mentioned in the text?
   A) Dreams facilitate information processing.
   B) Dreaming stimulates the developing brain.
   C) Dreams result from random neural activity originating in the brainstem.
   D) Dreaming is an attempt to escape from social stimulation.
26. According to the activation-synthesis theory, dreaming represents:
   A) the brain's efforts to integrate unrelated bursts of activity in brain areas that process visual images with emotional tone provided by activity in the limbic system.
   B) a mechanism for coping with the stresses of daily life.
   C) a symbolic depiction of a person's unfulfilled wishes.
   D) an information-processing mechanism for converting the day's experiences into long-term memory.

27. Barry has just spent four nights as a subject in a sleep study in which he was awakened each time he entered REM sleep. Now that the experiment is over, which of the following can be expected to occur?
   A) Barry will be extremely irritable until his body has made up the lost REM sleep.
   B) Barry will sleep so deeply for several nights that dreaming will be minimal.
   C) There will be an increase in sleep Stages 1-4.
   D) There will be an increase in Barry's REM sleep.

28. Which of the following statements regarding REM sleep is true?
   A) Adults spend more time than infants in REM sleep.
   B) REM sleep deprivation results in a REM rebound.
   C) People deprived of REM sleep adapt easily.
   D) Sleeping medications tend to increase REM sleep.
   E) REM sleep periods become shorter as the night progresses.

29. The modern discovery of hypnosis is generally attributed to:
   A) Freud.
   B) Mesmer.
   C) Spanos.
   D) Hilgard.

30. Of the following individuals, who is likely to be the most hypnotically suggestible?
   A) Bill, a reality-oriented stockbroker
   B) Janice, an actress with a rich imagination
   C) Megan, a sixth-grader who has trouble focusing her attention on a task
   D) Darren, who has never been able to really “get involved” in movies or novels

31. Hypnotic responsiveness is:
   A) the same in all people.
   B) generally greater in women than men.
   C) generally greater in men than women.
   D) greater when people are led to expect it.
32. An attorney wants to know if the details and accuracy of an eyewitness's memory for a crime would be improved under hypnosis. Given the results of relevant research, what should you tell the attorney?
   A) Most hypnotically retrieved memories are either false or contaminated.
   B) Hypnotically retrieved memories are usually more accurate than conscious memories.
   C) Hypnotically retrieved memories are purely the product of the subject's imagination.
   D) Hypnosis only improves memory of anxiety-provoking childhood events.

33. As a form of therapy for relieving problems such as warts, hypnosis is:
   A) ineffective.
   B) no more effective than positive suggestions given without hypnosis.
   C) highly effective.
   D) more effective with adults than children.

34. Research studies of the effectiveness of hypnosis as a form of therapy have demonstrated that:
   A) for problems of self-control, such as smoking, hypnosis is equally effective with subjects who can be deeply hypnotized and those who cannot.
   B) posthypnotic suggestions have helped alleviate headaches, asthma, warts, and stress-related skin disorders.
   C) positive suggestions given without hypnosis are often as effective as hypnosis as a form of therapy.
   D) all of the above are true.

35. Which of the following statements concerning hypnosis is true?
   A) People will do anything under hypnosis.
   B) Hypnosis is the same as sleeping.
   C) Hypnosis is not associated with a distinct physiological state.
   D) Hypnosis improves memory recall.

36. Those who consider hypnosis a social phenomenon contend that:
   A) hypnosis is an altered state of consciousness.
   B) hypnotic phenomena are unique to hypnosis.
   C) if a hypnotist eliminates the motivation for acting, hypnotized subjects become unresponsive.
   D) all of the above are true.

37. Those who believe that hypnosis is a social phenomenon argue that “hypnotized” individuals are:
   A) consciously faking their behavior.
   B) merely acting out a role.
   C) underachievers striving to please the hypnotist.
   D) all of the above.
38. According to Hilgard, hypnosis is:
   A) no different from a state of heightened motivation.
   B) a hoax perpetrated by frauds.
   C) the same as dreaming.
   D) a dissociation between different levels of consciousness.
   E) a type of “animal magnetism.”

39. A person who requires increasing amounts of a drug in order to feel its effect is said to have developed:
   A) tolerance.
   B) physical dependency.
   C) psychological dependency.
   D) resistance.
   E) withdrawal symptoms.

40. Dan has recently begun using an addictive, euphoria-producing drug. Which of the following will probably occur if he repeatedly uses this drug?
   A) As his tolerance to the drug develops, Dan will experience increasingly pleasurable “highs.”
   B) The dosage needed to produce the desired effect will increase.
   C) After each use, he will become more and more depressed.
   D) Dependence will become less of a problem.
   E) Both b. and c. will occur.

41. Which of the following is not a common misconception about addiction?
   A) To overcome an addiction a person almost always needs professional therapy.
   B) Psychoactive and medicinal drugs very quickly lead to addiction.
   C) Biological factors place some individuals at increased risk for addiction.
   D) Many other repetitive, pleasure-seeking behaviors fit the drug-addiction-as-disease-needing-treatment model.

42. Psychoactive drugs affect behavior and perception through:
   A) the power of suggestion.
   B) the placebo effect.
   C) alteration of neural activity in the brain.
   D) psychological, not physiological, influences.

43. Alcohol has the most profound effect on:
   A) the transfer of experiences to long-term memory.
   B) immediate memory.
   C) previously established long-term memories.
   D) all of the above.
44. Which of the following is classified as a depressant?
   A) amphetamines
   B) LSD
   C) marijuana
   D) alcohol
   E) MDMA

45. Roberto is moderately intoxicated by alcohol. Which of the following changes in his behavior is likely to occur?
   A) If angered, he is more likely to become aggressive than when he is sober.
   B) He will be less self-conscious about his behavior.
   C) If sexually aroused, he will be less inhibited about engaging in sexual activity.
   D) The next day he may be unable to remember what happened while he was drinking.
   E) All of the above are likely.

46. Which of the following is not a stimulant?
   A) amphetamines
   B) caffeine
   C) nicotine
   D) alcohol

47. Cocaine and crack produce a euphoric rush by:
   A) blocking the actions of serotonin.
   B) depressing neural activity in the brain.
   C) blocking the reuptake of dopamine in brain cells.
   D) stimulating the brain's production of endorphins.
   E) preventing the body from producing endorphins.

48. I am a synthetic stimulant and mild hallucinogen that produces euphoria and social intimacy by triggering the release of dopamine and serotonin. What am I?
   A) LSD
   B) MDMA
   C) THC
   D) cocaine

49. THC is the major active ingredient in:
   A) nicotine.
   B) MDMA.
   C) marijuana.
   D) cocaine.
   E) amphetamine.
50. Which of the following statements concerning marijuana is not true?
   A) The by-products of marijuana are cleared from the body more quickly than are the by-products of alcohol.
   B) Regular users may achieve a high with smaller amounts of the drug than occasional users would need to get the same effect.
   C) Marijuana is not as addictive as nicotine or cocaine.
   D) Large doses of marijuana hasten the loss of brain cells.

51. Which of the following was not cited in the text as evidence that heredity influences alcohol use?
   A) Children whose parents abuse alcohol have a lower tolerance for multiple alcoholic drinks taken over a short period of time.
   B) Boys who are impulsive and fearless at age 6 are more likely to drink as teenagers.
   C) Laboratory mice have been selectively bred to prefer alcohol to water.
   D) Adopted children are more susceptible if one or both of their biological parents has a history of alcoholism.

52. Which of the following statements concerning alcoholism is not true?
   A) Adopted individuals are more susceptible to alcoholism if they had an adoptive parent with alcoholism.
   B) Having an identical twin with alcoholism puts a person at increased risk for alcohol problems.
   C) Compared to children of parents who do not drink, children of parents with alcoholism have a higher tolerance for multiple alcoholic drinks.
   D) Researchers have bred rats that prefer alcohol to water.

53. How a particular psychoactive drug affects a person depends on:
   A) the dosage and form in which the drug is taken.
   B) the user's expectations and personality.
   C) the situation in which the drug is taken.
   D) all of the above.

54. The lowest rates of drug use among high school seniors is reported by:
   A) white males.
   B) white females.
   C) black males.
   D) Latinos.

55. Which of the following is usually the most powerful determinant of whether teenagers begin using drugs?
   A) family strength
   B) religiosity
   C) school adjustment
   D) peer influence
56. Which of the following statements concerning the roots of drug use is not true?
   A) Heavy users of alcohol, marijuana, and cocaine often are depressed.
   B) If an adolescent's friends use drugs, odds are that he or she will, too.
   C) Teenagers who come from happy families and do well in school seldom use drugs.
   D) It is nearly impossible to predict whether or not a particular adolescent will experiment with drugs.

57. Which of the following was not suggested by the text as an important aspect of drug prevention and treatment programs?
   A) Education about the long-term costs of a drug's temporary pleasures
   B) Efforts to boost people's self-esteem and purpose in life
   C) Attempts to modify peer associations
   D) "Scare tactics" that frighten prepubescent children into avoiding drug experimentation

58. Which of the following statements concerning near-death experiences is true?
   A) Fewer than 1 percent of patients who come close to dying report having them.
   B) They typically consist of fantastic, mystical imagery.
   C) They are more commonly experienced by females than by males.
   D) They are more commonly experienced by males than by females.

59. Which theorists believe that the mind and the body are separate entities?
   A) The behaviorists
   B) The monists
   C) The dualists
   D) The Freudians

60. Levar believes that once the body has died, the mind also ceases to exist. Evidently, Levar is a(n):
   A) Behaviorist.
   B) Monist.
   C) Dualist.
   D) Atheist.
   E) Mesmerist.