

**Chapter 01: Adjusting to Modern Life**

1. Societal advances have provided us the increased freedom to choose between multiple alternatives in a variety of contexts. This choice overload appears to be positively correlated with rumination, postdecision regret, and anticipated regret.

- a. True
- b. False

**ANSWER:** True

2. The paradox of progress is the notion that \_\_\_\_\_

- a. for every step forward, we take two steps back.
- b. despite unparalleled advances in technology, we seem to have more social and personal difficulties.
- c. our biggest problems now involve making technology work properly.
- d. technology has prolonged life for many people, causing environmental problems.

**ANSWER:** b

3. Despite having information at our fingertips through smartphone devices, most of us still complain about not having enough access to information.

- a. True
- b. False

**ANSWER:** False

4. Modern Western society has made extraordinary technological progress

- a. and, therefore, has seen decreases in social problems.
- b. but social and personal problems seem more prevalent and more prominent than ever before.
- c. and, therefore, has seen a boom in time spent engaging in leisure activities.
- d. but social and personal problems are just as prevalent as they were in the past.

**ANSWER:** b

5. According to Schwartz, increased freedom of choice available in modern societies

- a. has resulted in improved mental health.
- b. has enhanced tranquility.
- c. has led to fewer postdecision regrets.
- d. has contributed to depression and anxiety.

**ANSWER:** d

6. The technological advances of the past century, impressive though they may be, have not led to perceptible improvement in our collective health and happiness. This issue is known as the

- a. approach-avoidance conflict.
- b. paradox of progress.
- c. self-realization dilemma.
- d. correlation limitation.

**ANSWER:** b

7. Modern technology has provided us with

- a. less control in our lives.

**Chapter 01: Adjusting to Modern Life**

- b. lower costs financially and within our personal lives as well.
- c. countless time-saving devices.
- d. improved mental health and happiness.

**ANSWER:** c

8. On the way to work, Brice went to a new coffeehouse. The barista told him that there were seven different ways that his morning cup of coffee could be prepared. According to research, it is MOST reasonable to expect that he will experience \_\_\_\_\_.

- a. choice overload.
- b. postdecision regret.
- c. a depletion of mental resources.
- d. irritation.

**ANSWER:** a

9. The range of life choices has

- a. barely changed in the past century.
- b. made life much easier for everyone.
- c. increased in recent decades.
- d. decreased in recent decades.

**ANSWER:** c

10. Many social critics believe that the quality of our lives

- a. has increased and our sense of personal fulfillment has declined.
- b. has decreased and our sense of personal fulfillment has increased.
- c. and our sense of personal fulfillment have declined.
- d. and our sense of personal fulfillment have increased.

**ANSWER:** c

11. With technology such as Facebook available, Americans report

- a. more friends than ever before.
- b. a sense of loneliness and isolation related to the superficial communication in the online world.
- c. a decreased number of people suffering from an intimacy deficit.
- d. we spend more time with each other instead of with technology.

**ANSWER:** b

12. Many theorists agree that the basic challenge of modern life involves struggling with such problems as

- a. forming a solid sense of identity.
- b. arriving at a coherent set of values.
- c. developing a clear vision of a future that realistically promises fulfillment.
- d. all of these.

**ANSWER:** d

13. According to research, many commonsense notions about happiness appear to be accurate.

**Chapter 01: Adjusting to Modern Life**

- a. True
- b. False

**ANSWER:** False

14. In general, women are less happy than men; this is evident in the statistics indicating that women are treated for depression about twice as often as men.

- a. True
- b. False

**ANSWER:** False

15. It appears people enroll in “self-realization” programs because these programs appear to provide \_\_\_\_\_

- a. profound enlightenment.
- b. a new circle of friends.
- c. countless things to do.
- d. new technological advances.

**ANSWER:** a

16. One of the criticisms of self-help books is that they tend to use psychobabble rather than empirical evidence.

- a. True
- b. False

**ANSWER:** True

17. “Psychobabble” is best defined as

- a. professional psychological terminology.
- b. textbook definitions.
- c. ill-defined terminology.
- d. technical terminology.

**ANSWER:** c

18. Which of the following should you look for in self-help books?

- a. Provide explicit directions about how to alter behavior.
- b. Focus on a particular kind of problem.
- c. Some mention of the theoretical or research basis for the advice.
- d. all of these.

**ANSWER:** d

19.

You can reasonably expect some assistance from a book that is intended to help you to

- a. lose 20 pounds every month.
- b. learn to eat more healthily and gradually include more exercise in your weekly routine.
- c. reject societal expectations for our bodies.
- d. find the thin person trapped inside of you.

**ANSWER:** b

**Chapter 01: Adjusting to Modern Life**

20. Surveys exploring psychotherapists' opinions of self-help books suggest
- there are some excellent books that offer authentic insights and sound advice.
  - there are some good books that offer adequate insights and advice.
  - there are some excellent books that offer good general advice, but very few that offer good specific advice for particular problems.
  - psychotherapists don't endorse the use of self-help books because it's bad for business.

**ANSWER:** a

21. Stephen was trying to choose a good self-help book. He noticed that one book seemed touchingly human in tone and he found himself thinking the examples of problems were just like what he was facing. Stephen is most likely to find that
- this is the right book for him.
  - the book only provides some vague advice or common sense.
  - it will give him sound, explicit advice.
  - all of these.

**ANSWER:** b

22. Many self-help books
- encourage a narcissistic approach to life.
  - encourage a focus on other people.
  - place others first, over the reader.
  - encourage self-effacement.

**ANSWER:** a

23. Which of the following is NOT a guideline to choose a good self-help book?

- Find out about the author or authors' credentials.
- Look for books that do not promise too much in the way of immediate change.
- Avoid books with explanations of theories or research.
- Look for books with detailed directions on how to alter your behavior.

**ANSWER:** c

24. Which of the following is NOT one of the underlying assumptions of this textbook?
- You can change your behavior only by consulting a professional psychologist.
  - You should think of this text as a resource that can introduce you to other books, techniques, or therapies.
  - Critical thinking involves skeptical scrutiny.
  - Knowledge of psychological principles may be of value in everyday life.

**ANSWER:** a

25. Which of the following is the best definition of psychology?
- The study of consciousness.
  - The study of behavior and the profession that applies knowledge from these studies to solving practical problems.

**Chapter 01: Adjusting to Modern Life**

- c. The study of abnormal behavior and the profession that applies knowledge from these studies to diagnosing and treating people with mental illness.
- d. The study of motivation, emotion, and memory.

**ANSWER:** b

26. “Any overt response or activity by an organism” defines the term

- a. behavior
- b. empiricism
- c. psychology
- d. mental process.

**ANSWER:** a

27. Until the 1950s, psychologists were found almost exclusively in

- a. private industry.
- b. academic institutions.
- c. mental health facilities.
- d. the psychiatric wards of hospitals.

**ANSWER:** b

28. Clinical psychology is primarily concerned with

- a. discovering the mechanisms of learning.
- b. the physiological processes involved in behavior.
- c. research dealing with the structure of consciousness.
- d. the diagnosis and treatment of psychological problems.

**ANSWER:** d

29. The rapid growth of clinical psychology was stimulated mainly by

- a. the demands of World War II.
- b. the growing interest in self-help approaches.
- c. the inability of physicians to cure most psychological disorders.
- d. psychological problems resulting from the Great Depression of the 1930s.

**ANSWER:** a

30. Psychology confines itself to the study of human behavior.

- a. True
- b. False

**ANSWER:** False

31. Brenda’s mother told her to stop her overt behavior. To which behavior might her mother be referring?

- a. Daydreaming
- b. Thinking
- c. Dreaming
- d. Tapping her foot.

**Chapter 01: Adjusting to Modern Life**

**ANSWER:** d

32. The branch of psychology concerned with the diagnosis and treatment of psychological problems and disorders is called \_\_\_\_\_ psychology.

- a. social
- b. clinical
- c. cognitive
- d. physiological

**ANSWER:** b

33. The process of adjustment involves a person's coping with life challenges.

- a. True
- b. False

**ANSWER:** True

34. The process of adjustment relates to

- a. how people deal with stress.
- b. behavior in groups.
- c. friendship and love.
- d. all of these.

**ANSWER:** d

35. When people take an empirical approach, they are asking for evidence.

- a. True
- b. False

**ANSWER:** True

36. Which of the following is the basis of empiricism?

- a. Correlation
- b. Logic
- c. Systematic observation.
- d. Common sense.

**ANSWER:** c

37.

According to your text, the two main types of research methods in psychology are \_\_\_\_\_ research methods and \_\_\_\_\_ research methods.

- a. biased; unbiased.
- b. experimental; control.
- c. dependent; independent.
- d. experimental; correlational.

**ANSWER:** d

38. An experiment is a research method in which the investigator manipulates the \_\_\_\_\_ variable and observes

**Chapter 01: Adjusting to Modern Life**

whether any changes occur in a(n) \_\_\_\_\_ variable as a result.

- a. control; experimental
- b. experimental; control
- c. independent; dependent
- d. dependent; independent

**ANSWER:** c

39. Social psychologist Stanley Schachter hypothesized that increases in anxiety would cause increases in the desire to be with others. In this study, the independent variable was

- a. level of anxiety.
- b. desire to be with others.
- c. anxious subjects.
- d. affiliation.

**ANSWER:** a

40. A condition or event that an experimenter varies to see its impact on another variable is called a(n) \_\_\_\_\_ variable.

- a. control
- b. dependent
- c. independent
- d. experimental

**ANSWER:** c

41. An educational researcher wants to determine whether diet causes children to learn better in school. In this study, the independent variable is

- a. the children.
- b. the type of diet.
- c. the age of the children.
- d. a measure of learning.

**ANSWER:** b

42. An educational researcher wants to determine whether diet causes children to learn better in school. In this study, the dependent variable is

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- b. the type of diet.
- c. the age of the children.
- d. a measure of learning.

**ANSWER:** d

43. An experimental group consists of subjects who

- a. are unaware of the purpose of the study.
- b. merely act as if they are unaware of the purpose.
- c. receive some special treatment in regard to the dependent variable.