

Chapter 1 - What Is Psychology?

1. Ravi is unable to choose the right career path after completing his college education. He plans to visit a psychologist who might help him find the right career. In this scenario, Ravi is most likely to visit a human factors psychologist.

- a. True
- b. False

ANSWER: False

2. Structuralists emphasized the tendency to organize perceptions into wholes and to integrate separate stimuli into meaningful patterns.

- a. True
- b. False

ANSWER: False

3. Psychoanalysis is the name of the theory of personality developed by Sigmund Freud but not the method of psychotherapy he had developed.

- a. True
- b. False

ANSWER: False

4. Erik Erikson focused more on unconscious processes and less on conscious choice and self-direction.

- a. True
- b. False

ANSWER: False

5. Social–cognitive theorists grant cognition a key role in studying and explaining behavior.

- a. True
- b. False

ANSWER: True

6. In contrast to structuralists, Gestalt psychologists claimed that one cannot explain human perceptions, emotions, or thought processes in terms of basic units.

- a. True
- b. False

ANSWER: True

7. In an experiment, the presence of dependent variables does not depend on the independent variables.

- a. True
- b. False

ANSWER: False

8. In the 1940s and 1950s, psychodynamic theory dominated the practice of psychotherapy.

- a. True
- b. False

ANSWER: True

9. According to structuralists, maladaptive behavior patterns tend to drop out, and only the fittest behavior patterns survive.

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b. False

ANSWER: False

10. According to the ethical guidelines of the American Psychological Association, animals cannot be harmed under any circumstance while conducting research.

a. True

b. False

ANSWER: False

11. In the context of psychological researches, debriefing is the process of explaining the purposes and methods of a completed procedure to a participant.

a. True

b. False

ANSWER: True

12. Many case studies are clinical; that is, they are descriptions of a person's psychological problems and how a psychologist treated them.

a. True

b. False

ANSWER: True

13. In a stratified sample, each member of a population has an equal chance of being selected to participate.

a. True

b. False

ANSWER: False

14. In a study conducted to test the effect of a medicine, one group of participants is given the medicine while another group is not. The latter would be considered an experimental group.

a. True

b. False

ANSWER: False

15. Personality psychologists are concerned with the nature and causes of individuals' thoughts, feelings, and behavior in social situations.

a. True

b. False

ANSWER: False

16. Paulina is a kindergarten teacher. Every time one of her students answers correctly during her alphabet classes, she uses phrases like "Well done" and "Keep it up." Her behavior exemplifies reinforcement.

a. True

b. False

ANSWER: True

17. Case studies are subject to inaccuracies.

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- a. True
- b. False

ANSWER: True

18. Structuralists tended to ask, "How do behavior and mental processes help people adapt to the requirements of their lives?"

- a. True
- b. False

ANSWER: True

19. Sociocultural psychologists study those things we refer to as the mind.

- a. True
- b. False

ANSWER: False

20. As opposed to a dependent variable, an independent variable is manipulated by the experimenters so that its effects may be determined.

- a. True
- b. False

ANSWER: True

21. _____ specialize in basic processes such as the nervous system, sensation and perception, learning and memory, thought, motivation, and emotion.

- a. Forensic psychologists
- b. Clinical psychologists
- c. Personality psychologists
- d. Experimental psychologists

ANSWER: d

22. Which of the following statements is true of the experimental method of research?

- a. In the experimental method of research, participants in control groups obtain the treatment being tested.
- b. The experimental method fails to answer questions about cause and effect.
- c. In the experimental method of research, participants in experimental groups do not obtain the treatment being tested.
- d. The experimental method allows psychologists to control the experiences of participants and draw conclusions about cause and effect.

ANSWER: d

23. A(n) _____ primarily focuses on the relationships between people and work.

- a. industrial psychologist
- b. human factors psychologist
- c. forensic psychologist
- d. consumer psychologist

ANSWER: a

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24. Since 15 percent of a university comprises Asian-American students, a sample for a study was chosen in such way that it, too, consisted of 15 percent Asian-Americans. This kind of sample would be an example of a _____.

- a. random sample
- b. static sample
- c. crowd sample
- d. stratified sample

ANSWER: d

25. Which of the following is a defining characteristic of biologically oriented psychologists?

- a. They believe that self-awareness, experience, and choice permit us to invent ourselves and our ways of relating to the world as we progress through life.
- b. They study the influences of ethnicity, gender, culture, and socioeconomic status on behavior and mental processes.
- c. They investigate the ways we perceive and mentally represent the world, remember the past, plan for the future, solve problems, form judgments, make decisions, and use language.
- d. They study the role of heredity in behavior and mental processes such as psychological disorders, criminal behavior, and thinking.

ANSWER: d

26. Which of the following statements is true about the different types of psychologists?

- a. Counseling psychologists deal exclusively with clients who suffer from serious psychological disorders.
- b. Clinical psychologists help clients resolve problems and change self-defeating behavior.
- c. School psychologists focus on planning instructional methods for a school system rather than on individual children.
- d. Health psychologists apply psychology to the criminal justice system.

ANSWER: b

27. _____ was a founder of the school of functionalism.

- a. B. F. Skinner
- b. Wilhelm Wundt
- c. William James
- d. Kurt Koffka

ANSWER: c

28. The measured results, or outcomes, in an experiment are called _____.

- a. dependent variables
- b. volunteer biases
- c. correlation coefficients
- d. stratified samples

ANSWER: a

29. Which of the following is a drawback of case studies?

- a. Interviewers may influence participants to give responses that suit their expectations.
- b. Case studies are not descriptive and hence do not offer substantial information about participants.
- c. Interviewers are required to disclose personal information about clients.

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d. Case studies do not collect information about small groups.

ANSWER: a

30. Ned is feeling stressed because of his workload in office. He is also experiencing insomnia with rapid weight loss. Ned's condition is an example of a _____ correlation.

- a. horizontal
- b. negative
- c. lateral
- d. positive

ANSWER: b

31. Carl is conducting a study to determine the effects of the new technology-assisted learning methods among students. As part of this study, he has selected a group of university students, male and female, in the age group of 18 to 24 years. These students have been using the new methods of learning. In terms of research methodology, this group best describes a__.

- a. control group
- b. population
- c. placebo group
- d. sample

ANSWER: d

32. Which of the following is true of Aristotle's contribution to psychology?

- a. He held that people's behavior should be analyzed subjectively and not objectively.
- b. He suggested that one could think of behavior in terms of a body and a mind.
- c. He argued that human behavior is subject to rules and laws.
- d. He pointed out that people's behavior is solely influenced by external stimulation.

ANSWER: c

33. Brandon is a psychologist who is studying the relationship between heredity and mood disorders. He strongly believes that behavior and mental processes have a connection with the brain, hormones, heredity, and evolution. Brandon's beliefs are most consistent with the__perspective.

- a. psychodynamic
- b. cognitive
- c. biological
- d. humanistic–existential

ANSWER: c

34. Identify a true statement about social–cognitive theorists.

- a. They believe that people are typically good and are predisposed to exhibit ethical conduct.
- b. They note that people engage in intentional learning by observing others.
- c. They define psychology as the scientific study of behavior, not of behavior and mental processes.
- d. They believe that human social behavior is solely based on hereditary principles.

ANSWER: b

35. Which of the following was proposed by functionalists?

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- a. Experience can be broken down into objective sensations and subjective feelings.
- b. Direct observations of human behavior in the laboratory cannot supplement introspection.
- c. Adaptive behavior patterns are learned and maintained.
- d. Our lives are governed by unconscious ideas and impulses that originate in childhood conflicts.

ANSWER: c

36. Wilhelm Wundt used _____ to try to discover the basic elements of experience.
- a. introspection
 - b. reinforcement
 - c. psychoanalysis
 - d. existentialism

ANSWER: a

37. Famous neoanalysts such as Karen Horney and Erik Erikson differ from earlier psychodynamic practitioners in that they:
- a. emphasized on environmental influences and the learning of habits through repetition.
 - b. focused less on unconscious processes and more on conscious choice and self-direction.
 - c. focused on the evolution of behavior in order to understand the human psyche.
 - d. believed that people perceive separate pieces of information as integrated wholes.

ANSWER: b

38. _____ are different from clinical psychologists in that their clients typically have adjustment problems, such as trouble making academic or vocational decisions or making friends in college, but not serious psychological disorders.
- a. Personality psychologists
 - b. Organizational psychologists
 - c. Developmental psychologists
 - d. Counseling psychologists

ANSWER: d

39. Julie's research work requires her to interview a sample of 200 people within two months. She needs to gather data about the sample group's attitude toward certain situations through a questionnaire, but she has limited time to gather the information. Which of the following methods should Julie use to gather the required information?
- a. The survey method
 - b. The placebo method
 - c. Naturalistic observation
 - d. The experimental method

ANSWER: a

40. Which of the following statements is true of William James's contribution to psychology?
- a. He argued that the stream of consciousness was fluid and continuous.
 - b. He theorized that experience can be broken down into objective sensations and subjective feelings.
 - c. He pointed out that people were social creatures who influenced one another.
 - d. He believed that organisms learn to behave only through reinforcement.

ANSWER: a

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41. In Gestalt psychology, learning, especially problem solving, is accomplished primarily by_____.
- a. repetition
 - b. insight
 - c. continuous practice
 - d. mechanical reinforcement

ANSWER: b

42. While industrial psychologists focus on the relationships between people and work, _____study the behavior of people in workplaces such as businesses.
- a. organizational psychologists
 - b. forensic psychologists
 - c. developmental psychologists
 - d. personality psychologists

ANSWER: a

43. Which of the following is a defining feature of psychoanalysis?
- a. The emphasis on unconscious ideas and impulses that originate in childhood conflicts
 - b. The division of conscious experience into objective sensations and subjective feelings
 - c. The focus on only observable behaviors that originate in childhood conflicts
 - d. The emphasis on the human capacity for self-actualization

ANSWER: a

44. Social–cognitive theorists:
- a. suggest that people can modify and create their environments.
 - b. primarily emphasize environmental influences and the learning of habits through repetition.
 - c. primarily emphasize environmental influences and the learning of habits through reinforcement.
 - d. suggest that people cannot engage in intentional learning.

ANSWER: a

45. When following the scientific method, psychologists usually begin a study by:
- a. formulating a research question.
 - b. testing a hypothesis.
 - c. calculating correlations.
 - d. modifying theories.

ANSWER: a

46. A _____is a complete group of interest to researchers, from which a sample is drawn for an experiment.
- a. random sample
 - b. segment
 - c. population
 - d. stratified sample

ANSWER: c

47. The construction of a factory near Valley Mont Elementary School adversely affected the concentration of the