Practice Quiz #3

1. Which of the following is an example of a circadian rhythm:
   a. a woman’s menstrual cycle
   b. a woman’s desire to have a child now
   c. sleep
   d. hormonal changes that occur during puberty
   e. both c & d

2. Which of the following is an example of a controlled process:
   a. having a conversation with a friend while walking down the street
   b. breathing
   c. eating breakfast
   d. watching TV
   e. studying for your psychology exam

3. Which of the following is NOT a negative consequence of a disrupted sleep cycle:
   a. the increased likeliness of accidents
   b. difficulty concentrating
   c. an increase in one’s immune system functioning
   d. irritability
   e. sleepiness

4. What sleep disorder is most linked to obesity?
   a. insomnia
   b. narcolepsy
   c. REM behavior disorder
   d. sleep apnea
   e. night terrors

5. Last night Jacob dreamed that he was attacked by a pack of snow leopards. According to Freud, the content of his dream is:
   a. the latent content
   b. what Freud would be most interested in
   c. the manifest content
   d. Jacob’s true desire
   e. all of the above
6. Which of the following is true in regards to agonistic drugs:
   a. they increase the level of a neurotransmitter
   b. they mimic a specific neurotransmitter
   c. they block specific neurotransmitters
   d. they decrease the level of a neurotransmitter
   e. both a & b

7. Edgar dreams about getting accepted into UC Berkeley the night he submits his application. Which theory on dreaming would account for the content of his dream?
   a. the information processing view
   b. the biological view
   c. the psychoanalytic view
   d. the Jungian view
   e. the activation synthesis view

8. Which of the following is the best way to combat short bouts of insomnia:
   a. shut off your computer and relax by meditating
   b. drink a shot or two of tequila
   c. take a cold shower
   d. go workout
   e. eat a huge meal

9. You’re lying on the beach after completing your final exams. Your brain would be characterized by what type of brain waves?
   a. delta
   b. beta
   c. alpha
   d. spindles
   e. sawtooth

10. According to Seyle’s General Adaptation Syndrome, which stage is one’s immune system suppressed the most?
    a. alarm reaction
    b. exhaustion
    c. resistance
    d. coping
    e. sympathetic activation

11. Which of the following is NOT a biological factor for hunger & eating?
    a. low glucose levels
    b. lateral hypothalamus
    c. feeling hungry everyday at 12 noon
    d. eating when one is stressed
    e. both c & d
12. What hormone is linked to sexual motivation?
   a. testosterone for men & estrogen for women
   b. estrogen for men & testosterone for women
   c. testosterone for both men & women
   d. estrogen for both men & women
   e. progesterone for women & testosterone for men

13. Pat routinely eats a quart of ice cream, followed by two cheeseburgers and two sodas. Pat then forces herself to vomit. Pat most likely suffers from what disorder:
   a. bulimia
   b. anorexia
   c. binge eating disorder
   d. obesity
   e. OCD

14. What is the best advice you can give a friend that is overweight and wanting to lose weight and keep it off?
   a. “Try the Adkins diet”
   b. “Skip breakfast; you don’t need the extra calories”
   c. “Eat right before you go to sleep at night, as you burn the most calories at night”
   d. “Increase your level of exercise and decrease your caloric intake”
   e. “Pray for a miracle”

15. Antidepressants have therapeutic effects in treating all of the following EXCEPT:
   a. depression.
   b. social phobia.
   c. schizophrenia.
   d. bulimia.
   e. obsessive-compulsive disorder.

16. What personality type is most susceptible to heart disease?
   a. Type B
   b. Type A
   c. Type C
   d. Narcissistic
   e. Antisocial
17. Which of the following students is dealing with his/her stress in the healthiest way?
   a. Justin, who just got broken up with, goes out & smokes marijuana
   b. Brittany, who didn’t get into her first college choice, goes home & yells at her partner
   c. Selena, whose computer has just died in the middle of writing her term paper, throws her computer out the window
   d. Jake, who is stressed about his job, goes running after work to let off some “steam”
   e. Jonas, who walks out to his car to find that he has a flat tire & slams his fist threw the window

18. Which of the following theories on the causes of homosexuality has the greatest research support?
   a. the biological theory
   b. the seduction theory
   c. the poor parenting theory
   d. the by default theory
   e. all of the above

19. Your heart pounding and you perspiring in response to nearly being hit by a car demonstrates what aspect of emotion:
   a. the cognitive
   b. the behavioral
   c. the physiological aspect
   d. the logical
   e. the irrational

20. Jet lag has shown to be associated with all but which of the following?
   a. Decreases in daydreaming
   b. Fatigue
   c. Difficulties in concentration
   d. Disruptions to the sleep-wake cycle
   e. Irritability

21. In terms of brain waves, awake and alert is to ______ as awake and relaxed is to ______.
   a. beta; delta
   b. delta; alpha
   c. delta; beta
   d. alpha; beta
   e. beta; alpha
22. During REM, Monica is most likely to:
   a. have a long, detailed dream.
   b. wake up and not realize she's been sleeping.
   c. have a short, thought-like dream.
   d. thrash around.
   e. wake up.

23. Sleep cycles repeat about every ________ minutes, and the typical adult has ________ cycles per night.
   a. 120; one to three
   b. 90; four to five
   c. 90; two to three
   d. 60; six to seven
   e. 60; three to four

24. Which of the following best describes REM sleep?
   a. Sleep in which the brain becomes more active but muscle activity is blocked
   b. Dream sleep accompanied by increased muscle activity
   c. A state of resting quietly with the eyes closed
   d. The deepest level of sleep
   e. A state of light sleep with thought-like dreams

25. It's 2:00 A.M. and Josephine is sleeping in a sleep clinic. The research assistant notes that she is in REM sleep. He knows that's so because when he looks:
   a. at an EEG of her brain, it shows delta waves.
   b. at an EEG of her brain, it shows sleep spindles.
   c. under her closed eyelids, her eyes dart about.
   d. at an EEG of her brain, it indicates slow-wave sleep.
   e. at her body, it is twitching.

26. Your psychology professor argues that dreams represent an attempt by the cerebral cortex to make sense of the random discharges of electrical activity that occur during REM sleep. What perspective best describes your professor's comments?
   a. Psychological dependence hypothesis
   b. Psychodynamic theory
   c. Memory consolidation hypothesis
   d. Neodissociation theory
   e. Activation-synthesis hypothesis
27. In Freudian theory, the actual events that occur in a dream are referred to as its ________ content, and the underlying meaning of a dream is called its ________ content.
   a. manifest; latent
   b. conscious; subconscious
   c. conscious; sexual
   d. unconscious; conscious
   e. latent; manifest

28. Regarding sleep deprivation, which of the following statements is FALSE?
   a. Prolonged periods of sleep deprivation increase the risk of developing high blood pressure.
   b. Loss of sleep impairs learning ability and memory.
   c. Sleep deprivation is one of the most common causes of motor vehicle accidents.
   d. Lifestyle factors contribute to many Americans' sleep deprivation.
   e. People are generally not able to "rebound" from REM deprivation.

29. Regarding sleep deprivation, which of the following statements is TRUE?
   a. Even brief periods of sleep deprivation can increase the risk of developing high blood pressure.
   b. People are generally not able to recover from REM deprivation.
   c. Loss of sleep impairs reaction times.
   d. Sleep deprivation is relatively uncommon.
   e. Sleep deprivation tends to affect older adults but not young adults of college age.

30. Some nights Chang has problems falling asleep. Other nights, he wakes up several times during the night and has difficulty returning to sleep. Chang probably suffers from which sleep disorder?
   a. Sleep apnea
   b. Narcolepsy
   c. Sleepwalking
   d. Insomnia
   e. Somatoform disorder