

EXAM #3

Introduction to Psychology/ 9.00
Spring Semester 2009

Part I. Answer the multiple-choice questions below by selecting **one best** answer and marking the provided answer sheet. It is to your advantage to answer each multiple-choice question, as no penalties are given for incorrect answers.

If you believe that a question or answer is ambiguous (e.g., that there are more equally good answers than you are asked to mark), **mark the best answer** and include a note explaining why you believe the question is ambiguous - your note will be considered in the grading.

Part II. Choose **FIVE** (5) of the Short answer questions. Provide concise, informative responses directly in the space provided on the answer sheet.

Statement of Academic Integrity:

I confirm that the answers I give on this exam represent my own and that I will not engage in:

- A. Copying from another's person's examination paper or allowing another person to copy from my paper
- B. Unpermitted collaboration during the exam
- C. Revising and resubmitting a question for regrading without the instructor's knowledge and consent

Sign this page affirming that you agree with the above statement:

Name : _____

Signature: _____

Date: _____

Lecture and Sacks Questions

- 1) What Piagetian developmental gain in thinking has been associated specifically with increased blood flow to the frontal lobes?
 - A. egocentric perspective
 - B. conservation of mass
 - C. theory of mind
 - D. object permanence**

- 2) In one study (from Woodward, 1998), 3-month olds and 6-month olds repeatedly saw a person reach for an object (ball) on the left and not reach for a teddy bear on the right. Then, they saw a display in which the teddy bear was on the left, and the ball on the right. The person either reached for the teddy bear on the left (same action, new object) or the ball on the right (same object, new action). Looking time was used as a measure to infer how the 3-month olds and 6-month olds interpreted the relation between the initial habituation phase and the subsequent changed test phases. The results indicated
 - A. both 3-month olds and 6-month olds looked longer when the person grabbed a new object than when the person made a new action
 - B. both 3-month olds and 6-month olds looked longer when the person made a new action than when the person grabbed a new object
 - C. 3-month olds looked longer when the person made a new action, but 6-month olds looked longer when the person grabbed a new object**
 - D. 6-month olds looked longer when the person made a new action, but 3-month olds looked longer when the person grabbed a new object

- 3) Adult development can be studied cross-sectionally or longitudinally. All of the following are true for cross-sectional designs relative to longitudinal designs EXCEPT for which answer?
 - A. Cross-sectional designs take less time to accomplish
 - B. Cross-sectional designs are less likely to be confounded by practice effects
 - C. Cross-sectional designs are less likely to be confounded by cohort effects**
 - D. Cross-sectional designs are less likely to be confounded by selective attrition

- 4) Neurogenesis in humans occurs dramatically in utero, but in adulthood it _____ .
 - A. does not occur

- B. occurs only in frontal-lobe neocortex
 - C. occurs in all regions of the brain
 - D. occurs in the dentate region of the hippocampus**
- 5) From age 16 to young adulthood (age 22), grey matter volume in frontal and temporal cortical regions _____ and white matter volume _____ .
- A. decreases; increases**
 - B. is constant; decreases
 - C. increases; is constant
 - D. increases; decreases
- 6) Functional neuroimaging studies have revealed that activation in the frontal lobes is more _____ in older relative to younger people and that this change in older adults is associated with _____ cognitive aging.
- A. asymmetric; successful
 - B. symmetric; unsuccessful
 - C. asymmetric; unsuccessful
 - D. symmetric; successful**
- 7) Adaptive physiological changes that occur in response to acute stress include all of the below EXCEPT
- A. suppression of digestion
 - B. suppression of cardiovascular tone**
 - C. suppression of immune system
 - D. suppression of growth
- 8) Which brain region is activated (1) in response to both physical pain and the social pain of exclusion and which brain region (2) shows a relation between volume and risk for post-traumatic stress disorder (PTSD)?
- A. (1) hippocampus; (2) amygdala
 - B. (1) amygdala; (2) cingulate cortex
 - C. (1) cingulate cortex; (2) hippocampus**
 - D. (1) cingulate cortex; (2) amygdala
- 9) The attribution of behavior to situations

- A. **is greater in collectivist than individualistic cultures, and is deliberative rather than spontaneous**
 - B. is greater in individualistic than collectivist cultures, and is deliberative rather than spontaneous
 - C. is greater in individualistic than collectivist cultures, and is spontaneous rather than deliberative
 - D. is greater in collectivist than individualistic cultures, and is spontaneous rather than deliberative
- 10) What factor has been shown in experiments to *increase* the willingness for a bystander to help somebody?
- A. the personality factor of extraversion
 - B. the presence of other, unknown experimental subjects
 - C. recent consideration of the importance of helping others
 - D. **being alone**
- 11) In Milgram's studies of obedience (shocks and learning), which factors did NOT influence the likelihood that subjects would administer shocks to the highest possible level?
- A. **the sex of the subject**
 - B. if experiment was at university or office building
 - C. if the researcher gave no commands once the experiment started
 - D. if there was an ordinary person (not a scientist) in charge
- 12) In Festinger's original experiment examining cognitive dissonance, people took a boring test, and were then paid either \$1 or \$20 to lie and tell the next person that task had been interesting. When later asked to evaluate how truly interesting the task had been, who rated the task as most enjoyable?
- A. the people who lied and were paid \$20
 - B. **the people who lied and were paid \$1**
 - C. the people who did not lie
 - D. the people who were paid either \$1 or \$20 equally
- 13) The percentage of people in the United States who will have a psychological disorder sometime in their life is estimated to be about
- A. 2%
 - B. 10%
 - C. **40%**
 - D. 80%
- 14) Which is a negative (versus positive) sign/symptom of schizophrenia?
- A. delusions

- B. bizarre behaviors
- C. flat affect**
- D. hallucinations

15) The probability that if one identical (monozygotic) twin is diagnosed with schizophrenia, so will the other twin is

- A. 1%
- B. 10%
- C. 50%**
- D. 90%

16) For ADHD, which is NOT true?

- A. well managed drug care yields better results than behavioral treatment alone
- B. children with ADHD fail to control response inhibition relative to children without ADHD
- C. taking Ritalin improves control of response inhibition in ADHD children, but does not influence control of response inhibition in children without ADHD**
- D. taking Ritalin has similar effects on frontal lobe activation in children with or without ADHD

17) Which is NOT true for studies of autism?

- A. people with autism scan faces differently than people without autism
- B. people with autism scan faces differently than people with without autism when explicitly identifying emotions on faces
- C. people with autism exhibit reduced activation in area MT in response to seeing motion**
- D. people with autism exhibit reduced activation in the superior temporal sulcus (STS) in response to seeing biological motion

18) Imaging studies of the reward system in the human brain have NOT found which result?

- A. activation in the nucleus accumbens in anticipation of reward
- B. increased activation in ADHD in the nucleus accumbens in anticipation of reward**
- C. activation in the nucleus accumbens in men for pain inflicted on an unfair person
- D. an absence of activation for anticipation of loss

19) In the Oliver Sacks chapter, the patient with Tourette's syndrome was treated with Haldol and all EXCEPT which of the below occurred?

- A. **there was an immediate positive response**
- B. he chose eventually to take the medication during the week and not during the weekend
- C. his job situation and home life improved
- D. he became worse at ping-pong

20) In the Oliver Sacks chapter, all EXCEPT which of the below was true about the woman with "Cupid's disease" ?

- A. she had syphilis from her days of prostitution
- B. she became flirtatious at the age of 88
- C. penicillin killed the spirochetes evident in her spinal fluid
- D. **penicillin ended her disinhibition**

Book Questions

21) Which of the following is NOT true about *teratogens*?

- A. Smoking, alcohol, and drugs are examples of teratogens
- B. Different organs are vulnerable to teratogens at different times.
- C. Mother's stress level is considered as a teratogen to the zygote and embryo, but not to the fetus.
- D. Environmental pollutants and ionizing radiation can cause birth defects.

ANSWER: C (pp 534-535)

22) The habituation technique operates on the premise that _____.

- A. infants can discriminate different shapes
- B. infants' heart rates increase when they are placed on a visual cliff
- C. infants look longer at an event that violates their expectation
- D. infants look longer at something novel

ANSWER: D (pp543-544)

23) What is NOT true about the theory of cognitive development proposed by Piaget?

- A. Infants are born with rich, conceptual schemas that guide their behaviors and reasoning behind them.
- B. The process of assimilation allows the infant to use existing schemas to take in new stimuli and respond accordingly.
- C. The process of accommodation results in schemas' changing as necessary to cope with a broader range of situations.
- D. Each stage of development is governed by a different type of logic, that is, a system of rules that guides the child's thought.

ANSWER: A (pp 547)

24) In contrast to Piaget, Vygotsky's sociocultural theory emphasized:

- A. The importance of experience in constructing representations of the world
- B. The role of adults to promote cognitive development by explicitly instructing children
- C. The importance of motor skills that enable children to explore the social environment
- D. How the culture affects cognitive development independent of how the brain affects cognitive development.

ANSWER: B (pp 554)

25) Choose the INCORRECT description about Kohlberg's theory of moral development.

- A. Kohlberg's approach was an extension of Piaget's method to study moral development.
- B. Kohlberg's primary interest was in participants' conclusions about what the character should do in moral dilemmas, rather than their explanations for the conclusions.
- C. In Kohlberg's theory, someone who focuses on reward and punishment can be said to be in the preconventional level.
- D. In Kohlberg's theory, someone who focuses on abstract moral principles can be said to be in the postconventional level.

ANSWER: B (pp559-560)

26) Choose the INCORRECT description about social and emotional development during adulthood.

- A. Erikson proposed three stages of adult psychosocial development, 'young adulthood', 'middle adulthood', and 'old age'.

- B. Erikson's stages are characterized by major challenges a person is most likely to confront and need to resolve.
- C. Personality remains relatively stable over the years, and even when a person feels that his/her personality has changed it actually hasn't.
- D. With age, people become better able to regulate emotions because their emotions are blunted or diminished.

ANSWER: D (pp577)

27) Glucocorticoids (a class of hormones released during the stress response) have which effect?

- A. They increase heart rate and blood pressure.
- B. They decrease the body's immune response (anti-inflammatory).
- C. They boost the body's immune response (pro-inflammatory).
- D. They direct energy towards digestive and reproductive systems.

ANSWER: B (pg 588-589)

28) The personality trait that is associated with increased stress response (including higher blood pressure and more negative mood) and a greater likelihood of dying from heart disease is

- A. Introversion
- B. Ambition
- C. Cynicism
- D. Hostility

ANSWER: D (pg. 600)

29) Which of these is TRUE of social support?

- A. Social support affects the emotional response to stress but has no effect on health or longevity.
- B. Perceived social support is more important than the actual size of one's social network.
- C. Enacted social support (such as bringing dinner to a friend who is busy studying for exams) is most important in decreasing stress.
- D. Enacted social support always decreases stress, even if the support comes from a person with whom you have a negative relationship.

ANSWER: B (pg. 619-20)

30) Which is the best description of people who respond to stress with aggression?

- A. They have an overinflated self-image.
- B. They are very good at correctly discerning the intentions of others.
- C. They tend to experience fewer stressors than people who do not respond aggressively.
- D. They have low self-esteem.

ANSWER: A (pg 613-5)

31) Which of the following is FALSE concerning optimism?

- A. Optimists are less likely than pessimists to die of heart problems.
- B. Optimists do not have better coping skills than pessimists.
- C. Optimists report feeling less stress than pessimists.
- D. Optimists have better moods during times of stress than pessimists.

ANSWER: B (pp45-47)

32) Which of these is an example of an acute stressor?

- A. Feeling socially isolated
- B. Having a heavy academic workload
- C. Working on a big paper due tomorrow
- D. Having cancer

ANSWER: C (pg. 588-9)

33) Bertram is stressed out about a big job interview next week. Which of these is a problem-focused coping strategy he could use to deal with his stress?

- A. Write about his feelings in a journal
- B. Do something to take his mind off the interview
- C. Get interview tips from the career counselor
- D. Try to see the interview as a positive experience and not something to be afraid of

ANSWER: C (pg. 609-10)

34)The first phase of the stress response, or General Adaptation Syndrome is called the

- A. Resistance phase
- B. Adaptation phase
- C. Alarm phase
- D. Fight-or-flight phase

ANSWER: C (pg. 589)

35)Which of the following is part of the definition of a psychological disorder?

- A. Impairment
- B. Distress
- C. Danger to yourself or others
- D. All of the above

ANSWER: D (pp630-631)

36)Your friend is experiencing a long-lasting and mild sadness. She is most likely to be experiencing_____.

- A. Mania
- B. Major Depressive Disorder
- C. Dysthymia
- D. Hypomania

ANSWER: C (pp642)

37)Which of the following statements is TRUE?

- A. Behaviors that are merely deviant from the mainstream culture are not considered to be "disordered."
- B. Hallucinations always indicate a psychological disorder.
- C. Delusions never indicate a psychological disorder
- D. Psychosis is not considered abnormal unless the person causes harm to another person.

ANSWER: A (pp632)

38) Many researchers argue that _____, in particular, is linked to the development of social phobias.

- A. Learning
- B. Extreme neuroticism as an adult
- C. Extreme shyness as a child
- D. Hyperactivity of the amygdala

ANSWER: C (pp652)

39) Of the following, a fear of _____ is NOT considered to be a specific phobia.

- A. Public embarrassment
- B. Heights
- C. Insects
- D. Flying

ANSWER: A (pp651)

40) Obsession is to compulsion as _____.

- A. Response is to stimulus
- B. Stimulus is to response
- C. Thought is to behavior
- D. Bad is to worse

ANSWER: C (pp653)

41) Which of the following can be used to treat Bipolar Disorder?

- I. Lithium
- II. TMS
- III. St. John's Wort
- IV. Antipsychotics
- V. MAOIs

- A. I, III
- B. II, V
- C. I, II, IV
- D. I, II, IV, V

ANSWER: C (pp704-706)

42) Benzodiazepines are used to treat which of the following disorders?

- A. Anxiety disorders and PTSD
- B. Depression and bipolar disorder
- C. Schizophrenia and phobias
- D. Bipolar disorder and anxiety disorders

ANSWER: A (pp704-705)

43) Habituation is an important element of which of the following therapeutic techniques?

- A. Free association
- B. Exposure
- C. Systematic Desensitization
- D. Cognitive Therapy

ANSWER: B (pp693)

44) Approximately what percentage of the effect of antidepressants is due to the active ingredients in the medication?

- A. 75%
- B. 95%
- C. 50%
- D. 25%

ANSWER: D (pp704)

45) Which of the following techniques are used in systems therapy?

- I. Reframing
- II. Paradoxical Intention
- III. Interpretation
- IV. Cognitive Restructuring
- V. Validation

- A. I, II, V
- B. I, III, IV
- C. I, II
- D. V

ANSWER: A (pp708)

46) Dr. Jorge, the family therapist, is trying to convince a mother that he truly understands her feelings. In doing so, Dr. Jorge is using ...

- A. Psychotherapy interrogation
- B. Technical eclecticism
- C. Validation
- D. Reframing

ANSWER: C (pp708)

47) Of all modalities of psychotherapy, which are most effective in treating Obsessive/Compulsive Disorder?

- A. Interpersonal Therapy (IPT)
- B. Cognitive Behavioral Therapy
- C. Family Therapy
- D. All of the above

ANSWER: B (pp725)

48) In an “implicit association task”, participants are shown photographs of White or Black individuals, followed by photographs of either guns or tools. Participants are instructed to press a button to indicate whether the second photograph was a gun or a tool. For non-Black participants, the most common results of this experiment are:

- A. Participants respond more quickly to the tool when the face was Black
- B. Participants respond more quickly to the gun when the face was White
- C. Participants respond more quickly to the gun when the face was Black
- D. Participants always responded more quickly to the guns than the tools.

ANSWER: C (pp748-749)

49) In an experiment, unacquainted male and female participants have a brief phone conversation. Before the conversation, the male is shown a photograph of either a very attractive woman or an unattractive woman, and told that he will be conversing with the woman in the photograph. Later, a naive listener will hear a recording of only the woman's side of the conversation and indicate whether he thinks the woman is warm and likeable. Listeners tend to judge the woman as “more warm and likeable” when the first man received an attractive picture. This effects is known as a/an _____.

- A. Foot in the door
- B. Self-fulfilling prophecy
- C. External attribution
- D. Attributional bias

ANSWER: B (pp736-737)

50) People generally tend to speak their own mind, but in situations where most of their compatriots are of a different opinion, people will frequently yield to the majority opinion, even if it is obviously wrong. This phenomenon is known as:

- A. Compliance
- B. the Bystander effect
- C. Social Loafing
- D. Conformity

ANSWER: D (pp769-770)

Short Answer Questions

(Answer 5 of the following 10 questions)

SEE KEY ON FIRST PAGE FOR ANSWERS

- 1) Name four factors known to minimize cognitive loss in old age
Education; lifelong cognitive activity; high conscientiousness; exercise;
- 2) Experiments have shown that there are psychological modifiers that can significantly reduce stress responses to difficult circumstances. Name 4 such modifiers
outlet for frustration; sense of predictability; sense of control; perception of life improving; social support
- 3) Name 4 factors have both been shown in experiments to **increase or decrease** conformity and note for each factor whether it increases or decreases conformity?
Group size (larger increases), presence of an ally (decreases), opportunity to avoid embarrassment (decreases), gender (greater in women), culture (greater in interdependent cultures)
- 4) Name 4 factors that increase or decrease the consequence of stereotype threat on performance

Increase – stronger group identification, importance of ability, personally stigmatized,
Decrease - essay

- 5) People give divergent results when stating what in general makes them happy versus when giving responses moment-to-moment in beeper or diary studies. Give two examples of this divergence.

Work (beeper)/Vacation (general); children (general); many other responses (diary)

- 6) Piaget walked into a room and saw two babies at around the 2 years of age. Read the descriptions below about their behaviors and fill in the blanks.

"Annie was playing with her favorite duck toy but when her mom covered the toy with a cloth, she did not attempt to search for the toy under the cloth. According to Piaget, Annie is in the _____ period because she does not seem to have _____.

"Dave was playing with play-dough. He grabbed some and made a ball, then flattened the ball into a pancake. When Piaget asked "Dave, which one is heavier, the ball or the pancake?", Dave proudly said "Pancake!". According to Piaget, Dave is in _____ period because he does not understand _____ of mass.

Answers: sensorimotor, object permanence, preoperational, conservation (p. 548-549)

- 7) Padma is extremely confident and feels that lately she needs very little sleep. In addition, she reports that her thoughts seem to be going fast-similar to watching three television shows at once. Padma MOST likely is experiencing _____. An individual who is depressed may have _____ activity in certain areas of the frontal lobe and her _____ may be anatomically smaller. The category of disorders that's characterized by extreme fear and a vague but persistent sense of foreboding or dread is _____. **Answers: a manic episode (or mania), low, hippocampus, anxiety (p. 642, p. 644, p.644, p.648)**
- 8) A condition in which a person has two or more distinct personalities that take control of the individual's behavior is known as _____. Keith shows a pattern of excessive attention seeking and expression of emotion. As such, he MOST likely has _____ personality disorder. Eva shows a pattern of extreme discomfort in close relationships, odd and quirky behavior, and cognitive and perceptual distortions. As such, she MOST likely has _____ personality disorder. A type of eating disorder that is characterized by recurrent episodes of binge eating followed by some attempt to prevent weight gain is _____.

Answers: dissociative identity disorder, histrionic, schizotypal, bulimia (p. 669, p.676, p. 676, p. 672)

- 9) Attributional biases describe shortcuts for how people understand the causes of behavior. When people judge themselves, their own (SUCCESSSES / FAILURES) are attributed to internal causes, which is an example of a/an _____ bias. When people judge others, their behavior is generally attributed to (INTERNAL / EXTERNAL) causes, which is an example of a/an _____ bias.

Answers: (successes, self-serving bias, internal, correspondence bias; p756-757)

- 10) According to the text, there are three major ways that prejudice between groups can be reduced. Identify these three methods and give a "real-world" example of how one of them might work.

Answers: (Increased contact, recategorization, mutual interdependence, examples as appropriate (e.g., respectively: frequent community meetings between rival groups, having an individual moved from one group to another, having to rely on people from different groups))

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