1. Rats become very hungry when they experience
   A) elevated levels of obestatin.  
   B) reduced levels of ghrelin.  
   C) elevated levels of orexin.  
   D) reduced levels of estrogen.  
   E) elevated levels of testosterone.

2. Which of the following is true of alcohol?
   A) In large doses, it is a depressant; in small doses, it is a stimulant.  
   B) In large doses, it is a stimulant; in small doses, it is a depressant.  
   C) In large doses, it is a hallucinogen; in small doses, it is a depressant.  
   D) In large doses, it is a stimulant; in small doses, it is a stimulant.  
   E) In large doses, it is a depressant; in small doses, it is a depressant.

3. Anxiety about being in places or situations from which escape might be difficult is indicative of
   A) an obsessive-compulsive disorder.  
   B) a dysthymic disorder.  
   C) schizophrenia.  
   D) agoraphobia.  
   E) bipolar disorder.

4. Increasing excitatory signals above the threshold for neural activation will not affect the intensity of an action potential. This indicates that a neuron's reaction is
   A) inhibited by the myelin sheath.  
   B) delayed by the refractory period.  
   C) an all-or-none response.  
   D) dependent on neurotransmitter molecules.  
   E) primarily electrical rather than chemical.

5. The master gland of the endocrine system is the
   A) thyroid gland.  
   B) adrenal gland.  
   C) pituitary gland.  
   D) pancreas.  
   E) hypothalamus.

6. Which philosopher is most well known for theorizing that the mind at birth is *tabula rasa* or a “blank slate”?
   A) Plato  
   B) John Locke  
   C) Immanuel Kant  
   D) René Descartes  
   E) Aristotle

7. The set point is
   A) the stage of the sexual response cycle that occurs just before orgasm.  
   B) the body temperature of a healthy organism, for example, 98.6 degrees Fahrenheit in humans.  
   C) the point at which energy expenditures from exercise and from metabolism are equal.  
   D) the specific body weight maintained automatically by most adults over long periods of time.  
   E) the current stage achieved on the hierarchy of needs.

8. The medulla is to the control of as the cerebellum is to the control of ______.
   A) eating; sleeping  
   B) breathing; walking  
   C) emotion; motivation  
   D) memory; attention  
   E) hearing; seeing

9. The surgical removal of a large tumor from Dane's occipital lobe resulted in extensive loss of brain tissue. Dane is most likely to suffer some loss of
   A) muscular coordination.  
   B) language comprehension.  
   C) visual perception.  
   D) speaking ability.  
   E) pain sensations.

10. To estimate trait heritability, researchers are most likely to make use of
    A) cloning.  
    B) natural selection.  
    C) interaction.  
    D) twin studies.  
    E) DNA.

11. The organization of information into meaningful units is called
    A) automatic processing.  
    B) the spacing effect.  
    C) chunking.  
    D) iconic memory.  
    E) the peg-word system.
12. REM rebound involves the
   A) tendency for REM sleep periods to become increasingly longer and more frequent as a normal night of sleep progresses.
   B) increase in REM sleep that characteristically follows intense learning episodes or stressful daytime experiences.
   C) unusual symptoms of tiredness and irritability that follow periods of REM sleep deprivation.
   D) tendency for REM sleep to increase following REM sleep deprivation.
   E) replacement of REM sleep with NREM sleep.

13. The tendency to immediately recall the first and last items in a list better than the middle items is known as the _______ effect.
   A) serial position  B) misinformation  C) mnemonic  D) priming  E) spacing

14. Which of the following are located exclusively within the brain and spinal cord?
   A) sensory neurons  B) motor neurons  C) myelin sheath  D) interneurons  E) axons

15. Psychiatrists and psychologists label behavior as disordered when it is
   A) aggressive, persistent, and intentional.
   B) selfish, habitual, and avoidable.
   C) deviant, distressful, and dysfunctional.
   D) biologically influenced, unconsciously motivated, and difficult to change.
   E) instinctual, obsessive, and harmful.

16. Paradoxical sleep is to slow-wave sleep as _______ sleep is to _______ sleep.
   A) REM; Stage I  B) Stage I; REM  C) REM; Stage 2  D) Stage 2; REM  E) REM; Stage 4

17. People's dislike of novel foods best illustrates
   A) unit bias.  B) neophobia.  C) homeostasis.  D) the refractory period.  E) instinct.

18. Stimulated digestion is to inhibited digestion as the _______ nervous system is to the _______ nervous system.
   A) somatic; autonomic  D) sympathetic; parasympathetic
   B) autonomic; somatic  E) parasympathetic; sympathetic
   C) central; peripheral

19. Mrs. Sunstedt believes that parents should accept and try to understand their children's feelings and should honestly disclose their own inner feelings to their children. Her approach to parent-child interaction was most explicitly recommended by

20. Psychoactive drugs interfere with normal neural transmission. Where does this interference take place?
   A) axon  B) cell body  C) myelin sheath  D) synapse  E) hormones

21. The hypnagogic sensations of falling or floating are most likely to occur during which sleep stage?
   A) Stage 1  B) Stage 2  C) Stage 3  D) Stage 4  E) REM

22. The sequence of brain regions from the evolutionarily oldest to newest is
   A) limbic system; brainstem; cerebral cortex.  D) brainstem; limbic system; cerebral cortex.
   B) brainstem; cerebral cortex; limbic system.  E) cerebral cortex; brainstem; limbic system.
   C) limbic system; cerebral cortex; brainstem.

23. The early school of psychology known as functionalism was developed by

24. François was dismayed to discover that some of his football teammates were using drugs to enhance their footwork and endurance on the playing field. Which of the following drugs were the players most likely using?
   A) morphine derivatives  B) marijuana  C) amphetamines  D) barbiturates  E) heroin

25. A psychotherapist instructs Dane to relax, close his eyes, and state aloud whatever thoughts come to mind no matter how trivial or absurd. The therapist is using a technique known as
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26. About three hours after he falls asleep, Bobby often sits up in bed screaming incoherently. His mother tries to awaken him, but with no success. His pulse races and he gasps for breath. The next morning, he remembers nothing. It appears that Bobby suffers from
A) night terrors. B) narcolepsy. C) sleep spindles. D) sleep apnea. E) insomnia.

27. The refractory period is the
A) moment before orgasm during which sexual arousal is maintained at a fairly high level.
B) stage of the sexual response cycle during which sexual excitation reaches its climax.
C) span of the monthly female reproductive cycle during which ovulation occurs.
D) time span after orgasm during which a male cannot be aroused to another orgasm.
E) short time before the plateau stage during which orgasm is delayed.

28. Jamille performs better on foreign language vocabulary tests if she studies the material 15 minutes every day for 8 days than if she crams for 2 hours the night before the test. This illustrates what is known as
A) the spacing effect. B) the serial position effect. C) mood-congruent memory. D) chunking. E) automatic processing.

29. Lack of body fluids is to thirst as _______ is to _______.
A) motivation; emotion B) need; drive C) homeostasis; hunger D) incentive; instinct E) drive; incentive

30. Mr. Dayton occasionally stops breathing while sleeping. He wakes up to snort air for a few seconds before falling back to sleep. Mrs. Dayton complains that her husband snores. Clearly, Mr. Dayton suffers from
A) sleep apnea. B) narcolepsy. C) insomnia. D) night terrors. E) aphasia.

31. Parents who disguise hostility toward their children by becoming overly protective of them are very likely using the defense mechanism of

32. When cocaine is injected or smoked, it produces a rush of euphoria that lasts 15 to 30 minutes. But the stimulant drug _______ can trigger 8 hours or so of heightened energy and euphoria.
A) LSD B) heroin C) Amytal D) methamphetamine E) nicotine

33. Which of the following is true of melatonin?
A) It is produced by the brain during the hypnagogic stage in NREM sleep.
B) Production of melatonin during sleep boosts our immune system, which helps us fight off viral infections.
C) It is a sleep hormone released by the pineal gland into the bloodstream.
D) It alters metabolic and hormonal functioning in ways that mimic aging.
E) It helps restore and repair brain tissue by increasing the production of free radicals.

34. Ghrelin, a hormone that influences appetite, is secreted by the
A) stomach. B) pancreas. C) hypothalamus. D) liver. E) hippocampus.

35. The release of stored serotonin and the eventual damage of serotonin-producing neurons is most closely associated with the long-term use of

36. Bruce has unconscious impulses toward violent aggression, but his ego channels these impulses into his work as a district attorney, putting violent criminals in jail. Which defense mechanism is Bruce's ego employing?
A) repression B) reaction formation C) rationalization D) displacement E) sublimation

37. The Minnesota Multiphasic Personality Inventory (MMPI) is considered a(n)
38. Ernest Hilgard suggested that participants felt little pain when their arms were lowered into ice baths because  
   A) being caught up in playing the role of a “good subject” they could ignore the pain.  
   B) the presence of a hypnotist they liked and trusted led them to adopt the “pain control” suggestions.  
   C) they expected that the ice baths would not cause pain.  
   D) hypnosis dissociates the pain sensation from the emotional suffering that people expect from pain.  
   E) most hypnotized people are consciously faking hypnosis.

39. Every day as she walks to school, Mamie passes a mural painted on the side of a building. However, when asked, she says she does not remember ever seeing it. Which of the following is the best explanation for this occurrence?  
   A) Such implicit memory is stored in the cerebellum, thus Mamie must have experienced damage to that brain region.  
   B) Mamie has not paid attention to the incoming information so it was not encoded into long-term memory.  
   C) Because of the time span between being exposed to the mural, the spacing effect has interrupted memory formation.  
   D) The memory of the mural has decayed over time.  
   E) Mamie is experiencing retroactive interference, leading to her forgetting past information.

40. Alfred Adler was a neo-Freudian who coined the term  
   A) oral fixation.  
   B) reciprocal determinism.  
   C) inferiority complex.  
   D) unconditional positive regard.  
   E) unconscious.

41. Evolutionary psychology studies the evolution of behavior and the mind using principles of  
   A) humanism.  
   B) behaviorism.  
   C) naturalistic observation.  
   D) natural selection.  
   E) genome mapping.

42. Greg remembered a recent dream in which his girlfriend suddenly grabbed the wheel of his speeding car. Greg’s therapist suggested that the dream might be a representation of the girlfriend’s efforts to avoid sexual intimacy. According to Freud, the therapist was attempting to reveal the _______ of Greg’s dream.  
   A) neuroadaptation  
   B) circadian rhythm  
   C) latent content  
   D) manifest content  
   E) NREM cycle

43. When looking at a flying bird, we are consciously aware of our cognitive processing (“It’s a bird!”) but not of our subconscious processing of the bird’s form, color, distance, and movement. This illustrates what psychologists call  
   A) dual processing.  
   B) serial processing.  
   C) brain plasticity.  
   D) selective attention.  
   E) cognitive neuroscience.

44. Jordan feels guilty for hurting his younger brother. Freud would have attributed these feelings to Jordan’s  
   A) id.  
   B) superego.  
   C) ego.  
   D) collective unconscious.  
   E) fixation.

45. The Myers-Briggs Type Indicator classifies people according to personality types identified by  
   A) Gordon Allport.  
   B) Carl Jung.  
   C) Albert Bandura.  
   D) Carl Rogers.  
   E) Abraham Maslow.

46. Deaf people who use sign language typically  
   A) demonstrate greater mathematical competence than hearing persons.  
   B) process language in their left cerebral hemisphere.  
   C) recognize facial expressions of emotion with their left rather than their right cerebral hemisphere.  
   D) have a smaller corpus callosum than hearing persons.  
   E) process language in the right hemisphere rather than the left.

47. Major depressive disorder is said to occur when signs of depression last at least  
   A) one week.  
   B) two weeks.  
   C) two months.  
   D) four months.  
   E) one year.

48. When a rat’s blood sugar level decreases, the _______ hypothalamus releases the hunger-triggering hormone _______.  
   A) lateral; obestatin  
   B) lateral; orexin  
   C) medial; obestatin  
   D) ventromedial; orexin  
   E) medial; testosterone

49. Which pioneering researcher made extensive use of nonsense syllables in the study of human memory?  
   A) Pavlov  
   B) James  
   C) Loftus  
   D) Freud  
   E) Ebbinghaus
50. Which theory would be most likely to predict that rats are motivated to explore precisely those areas of an experimental maze where they receive mild electrical shocks?
A) arousal theory  D) drive-reduction theory
B) hierarchy of needs theory  E) two-factor theory
C) instinct theory

51. Martin is optimistic, impulsive, excitable, and restless. In terms of the Eysencks' basic personality dimensions, he would be classified as
B) manic–depressive.  E) internal–mesomorphic.
C) unstable–extraverted.

52. Homeostasis, which is the goal of drive reduction, is defined as
A) a desire to perform behavior in return for rewards.
B) a rigidly patterned behavior characteristic of an entire species.
C) an aroused or activated state that is often triggered by a physiological need.
D) the body's tendency to maintain a constant internal state.
E) a physical need that usually triggers motivational arousal.

53. Which of the following are the “Big Five” personality factors?
A) compassionate, actualized, noble, optimistic, even-tempered
B) esteem, oppressive, nonviolent, academic, conventional
C) openness, conscientiousness, extraversion, agreeableness, neuroticism
D) avoidant, calculating, nonconforming, excitable, overconfident
E) collectivist, accepting, anxious, objective, empathic

54. By triggering the release of epinephrine and norepinephrine, ______ boosts alertness and diminishes appetite.
A) alcohol  B) heroin  C) nicotine  D) MDMA  E) THC

55. As his AP psychology teacher was lecturing, Tanner was thinking about competing in a swim meet later that afternoon. Where are Tanner's current thoughts being processed?
A) sensory memory  B) the cerebellum  C) working memory  D) echoic memory  E) long-term memory

56. Which perspective has emphasized the impact of learned helplessness on depression?
A) psychoanalytic  B) biological  C) social-cognitive  D) humanistic  E) structuralist

57. For no apparent reason, Adam has recently begun to feel so tense and anxious that he frequently stays home from work. It would be most beneficial for Adam to contact a(n) ________ psychologist.
A) industrial-organizational  B) clinical  C) personality  D) biological  E) social

58. Dr. Ochoa develops tests to accurately identify the most qualified job applicants in a large manufacturing firm. Which psychological specialty does Dr. Ochoa's work best represent?
A) developmental psychology  D) clinical psychology
B) industrial-organizational psychology  E) psychiatry
C) biological psychology

59. Molecules that are similar enough to a neurotransmitter to bind to its receptor sites on a dendrite and block that neurotransmitter's effects are called what?
A) agonists  B) antagonists  C) endorphins  D) endocrines  E) action potentials

60. An undersupply of serotonin is most closely linked to

61. Your relative success in recalling various items one day after you first heard them listed in order is likely to illustrate
A) implicit memory.  B) the recency effect.  C) iconic memory.  D) a primacy effect.  E) the relearning effect.
62. According to Bandura, reciprocal determinism involves multidirectional influences among
   A) mind, body, and behavior.
   B) thoughts, emotions, and actions.
   C) behaviors, internal personal factors, and environmental events.
   D) id, ego, and superego.
   E) learned helplessness, locus of control, and optimism.

63. Prior to his use of free association, Freud had encouraged patients to retrieve their forgotten memories by means of
   A) hypnosis.  B) projective tests.  C) psychosomatic drugs.  D) fixation.  E) personality inventories.

64. Put the following terms in order, from smallest to largest.
   A) chromosomes, genes, DNA  B) genes, chromosomes, DNA  C) DNA, genes, chromosomes
   D) DNA, chromosomes, genes  E) genes, DNA, chromosomes

65. Who used the method of introspection to scientifically identify basic elements of mind?
   A) Aristotle  B) John Locke  C) Edward Titchener  D) John Watson  E) Socrates

66. Which of the following personality assessment tools has been the most harshly criticized for lacking validity?
   A) Eysenck Personality Questionnaire  B) Myers-Briggs Type Indicator  C) Rorschach inkblot test
   D) MMPI  E) Type A/B personality test

67. In a complete sexual response cycle
   A) the excitement phase immediately precedes orgasm.
   B) orgasm immediately precedes the excitement phase.
   C) the plateau phase immediately precedes orgasm.
   D) the excitement phase immediately precedes the resolution phase.
   E) the plateau phase immediately precedes the excitement phase.

68. Priming is to retrieval as rehearsal is to

69. Physical pain and intense cravings indicate

70. The localization of a function such as speech production to the right or left side of the brain is called

71. Tests that present ambiguous stimuli designed to uncover hidden personality dynamics are called ____ tests.
   A) empirical  B) projective  C) multiphasic personality  D) factor analytic  E) aptitude

72. As drug users experience neuroadaptation, they demonstrate signs of
   A) dissociation.  B) narcolepsy.  C) tolerance.  D) hallucinations.  E) NREM.

73. Carl Jung referred to a shared reservoir of memory traces from our species history as the
   D) psychosexual stages.  E) external locus of control.

74. If Professor Kosiba lesions the amygdala of a laboratory rat, the rat will most likely become
   A) hungry.  B) sexually aroused.  C) physically uncoordinated.  D) less aggressive  E) aphasic.

75. Ingrid is a married woman who pursues sexual gratification by means of kissing rather than through sexual intercourse. According to Freud, this illustrates a(n)
76. The cortical regions that are not directly involved in sensory or motor functions are known as

77. Evolutionary psychologists have suggested that men are ______ likely than women to prefer mates with a fertile-looking appearance and ______ likely than women to prefer mates with wealth and social status.
A) more; more B) less; less C) more; less D) less; more E) more; equally

78. After learning the combination for his new locker at school, Milton is unable to remember the combination for his year-old bicycle lock. Milton is experiencing the effects of

79. Forgotten memories that we can easily recall were said by Freud to be

80. Positive and negative environmental stimuli that motivate behavior are called

81. Arnold so easily remembers his old girlfriend's telephone number that he finds it difficult to recall his new girlfriend's number. Arnold's difficulty best illustrates

82. How is the hypothalamus involved in sleep?
A) Cell clusters in the hypothalamus stimulate the production of relatively slow alpha waves, signaling the transition from deep relaxation to sleep.
B) The hypothalamus triggers the pituitary gland in the endocrine system to produce the hormone thyroxin, which leads you to sleep.
C) During sleep the hypothalamus stimulates the production of free radicals, molecules that are toxic to neurons, which weakens unused connections.
D) In response to decreasing light the hypothalamus' suprachiasmatic nucleus causes the pineal gland to increase production of melatonin, leading you to sleep.
E) The action of the hypothalamus suppresses immune cell production that fights off viral infections and cancer.

83. Boris does not like chemistry, but he has chosen it as his college major simply to prove that he is just as smart as his father, who is an outstanding chemist. A psychoanalyst would be most likely to suggest that Boris suffers from an unresolved

84. In an effort to remember how to spell “rhinoceros,” Samantha spells the word aloud 30 times. She is using a technique known as
A) priming. B) rehearsal. C) the peg-word system. D) chunking. E) the serial position effect.

85. Wilhelm Wundt's laboratory work involved experimental studies of

86. At puberty, the hypothalamus secretes gonadotropin-releasing hormones (GnRH), causing the secretion of gonadotropins by the pituitary gland. These hormones cause the ovaries to produce estrogen and testes to produce testosterone. As the levels of these hormones rise, they shut down the release of GnRH and the gonadotropins. This example illustrates the
A) feedback systems connecting the brain and endocrine systems.
B) information highway connecting the peripheral nervous system to the brain.
C) role of agonists and antagonists in the nervous system.
D) reflex pathways running through the spinal cord.
E) combined signals of excitatory and inhibitory connections.

87. The defense mechanism in which self-justifying explanations replace the real, unconscious reasons for actions is
88. Psychologists have used four perspectives in their efforts to explain motivation. These include an emphasis on instincts, optimum arousal, a hierarchy of motives, and
A) drive reduction.  B) set points.  C) refractory periods.  D) basal metabolic rate.  E) a fixed behavior pattern.

89. Freud called the remembered story line of a dream its ________ content.
A) manifest  B) latent  C) dissociated  D) paradoxical  E) delusional

90. Emma believes that she will succeed in business if she works hard and carefully manages her time. Her belief most clearly illustrates
A) reaction formation.  B) reciprocal determinism.  C) unconditional positive regard.

91. Alzheimer's disease is most closely linked to the deterioration of neurons that produce

92. The address for obtaining tickets to a popular quiz show flashes on the TV screen, but the image disappears before Sergei has had a chance to write down the complete address. To his surprise, however, he has retained a momentary mental image of the five-digit zip code. His experience best illustrates ________ memory.
A) iconic  B) flashbulb  C) implicit  D) echoic  E) state-dependent

93. Feelings of hunger are suppressed at least temporarily by the hormone

94. Compared with when they were only 20 years old, 60-year-olds
A) spend less time in deep sleep.  B) spend less time in Stage 1 sleep.  C) spend more time in paradoxical sleep.
D) complete the sleep cycle more slowly.  E) complete REM rebound more often.

95. Déjà vu refers to the
A) emotional arousal produced by events that prime us to recall associated events.  B) tendency to remember experiences that are consistent with our current mood.
C) unconscious activation of particular associations in memory.  D) eerie sense of having previously experienced a situation or event.
E) involuntary activation of the hippocampus.

96. Sixteen-year-old Jill loves ice cream and other rich foods, but she has become increasingly anxious about gaining too much weight. Jill frequently overeats and then intentionally vomits in an attempt to control her weight. Jill most clearly suffers from
A) hypermetabolism.  B) bulimia nervosa.  C) an abnormally high set point.  D) anorexia nervosa.  E) obesity.

97. Three hours after going to sleep, Shoshanna's heart rate increases, her breathing becomes more rapid, and her eyes move rapidly under her closed lids. Research suggests that Shoshanna is
A) dreaming.  B) entering the third stage of sleep.  C) ready to sleepwalk.
D) exhibiting a sleep spindle.  E) experiencing a night terror.

98. According to Freud, our gender identity develops most rapidly during the ________ stage.
A) anal  B) phallic  C) genital  D) oral  E) sublimation

99. The Thematic Apperception Test requires people to respond to
A) incomplete sentences.  B) ambiguous pictures.  C) unfamiliar melodies.
D) meaningless inkblots.  E) focus questions.
100. An understanding of the distinction between implicit and explicit memories is most helpful for explaining
   A) the serial position effect.  B) the spacing effect.  C) repression.  D) state-dependent memory.  E) infantile amnesia.

101. Isaac, a 25-year-old law student, is heterosexual; his brother Chaim, a 21-year-old college senior, is homosexual. The brothers obviously differ in their

102. Chiara, a 14-year-old, is of average height but weighs only 80 pounds. She has lost 30 pounds over the last six months by eating very little and running five miles a day. She is determined not to become overweight and ignores her parents' suggestion that she should eat well-balanced meals. Chiara suffers from

103. Destruction of the ventromedial hypothalamus of a rat is most likely to
   A) lower its set point for body weight.  B) cause it to stop eating.  C) lower its blood insulin level.
   D) cause the rat to become extremely fat.  E) raise orexin and ghrelin levels.

104. The discomfort and distress that follow the discontinued use of certain drugs is called

105. The speed at which a neural impulse travels is increased when the axon is encased by a(n)

106. Who believed that bumps on the skull reveal mental abilities and character traits?
   A) Sir Charles Sherrington  B) Stephen Kasslyn  C) Franz Gall  D) Candace Pert  E) Solomon Snyder

107. Severing a cat's reticular formation from higher brain regions causes the cat to
   A) become violently aggressive.  B) cower in fear.  C) experience convulsive seizures.
   D) lapse into a coma.  E) become sexually preoccupied.

108. Which theory has been accused of simply naming rather than explaining behaviors?
   A) drive-reduction  B) set point  C) arousal  D) instinct  E) incentive

109. The large, slow brain waves associated with deep sleep are called

110. Our immediate short-term memory for new material is limited to roughly ______ bits of information.
    A) 3  B) 7  C) 12  D) 24  E) 50

111. Which part of your brain receives information that you are moving your legs?
    A) amygdala  B) motor cortex  C) sensory cortex  D) hypothalamus  E) Broca's area

112. Overestimating the extent to which others notice and evaluate our appearance and performance is called

113. For the last month, Gabrielle has felt lethargic and has been unable to get out of bed in the morning. She has withdrawn from friends and family because she feels worthless and unlovable. Gabrielle is most likely suffering from
    A) agoraphobia.  B) major depressive disorder.  C) PTSD.
    D) an antisocial personality disorder.  E) schizophrenia.

114. In 1861, Paul Broca studied a stroke patient he called “Tan.” He was called this because as a result of brain damage it was the only word he could pronounce. Based on Broca's early work, which of the following brain regions is involved in speech production?
    A) angular gyrus  B) left temporal lobe  C) sensory cortex  D) left frontal lobe  E) auditory cortex
115. After looking up his friend's phone number, Alex was able to remember it only long enough to dial it correctly. In this case, the telephone number was clearly stored in his _______ memory.
   A) echoic  B) short-term  C) flashbulb  D) long-term  E) implicit

116. When cocaine is snorted, free-based, or injected, it produces a rush of euphoria by
   A) producing hallucinations.  D) triggering a state of dissociation.
   B) blocking the reuptake of dopamine.  E) decreasing manifest content.
   C) increasing the occurrence of alpha waves.

117. Karen Horney, a prominent neo-Freudian, disputed Freud's assumption that women
   A) have weak superegos.  D) have stronger sexual instincts than men.
   B) suffer an Electra complex.  E) never experience a phallic stage of development.
   C) often experience learned helplessness.

118. Sleep researchers who are interested in brain wave activity are likely to use which kind of brain scan?
   A) EEG  B) CT  C) fMRI  D) PET  E) MRI

119. Because Marla is the first girl in her fourth-grade class to sexually mature, she is sometimes teased and rejected by her classmates. Marla's sense of social isolation and embarrassment result from the interaction of
   A) chromosomes.  D) genome and molecular genetics.
   B) nature and nurture.  E) home environment and school environment.
   C) DNA and genes.

120. Nembutal, Seconal, and Amytal, drugs prescribed to reduce insomnia, are

121. For a moment after hearing his dog's high-pitched bark, Mr. Silvers has a vivid auditory impression of the dog's yelp. His experience most clearly illustrates _______ memory.
   A) short-term  B) iconic  C) mood-congruent  D) implicit  E) echoic

122. Memory aids that involve the use of vivid imagery and clever ways of organizing material are called
   A) semantic techniques.  D) mnemonic devices.
   B) iconic traces.  E) flashbulb memories.
   C) organizational cues.

123. THC, the active ingredient in _______, is classified as a _______.
   A) marijuana; hallucinogen  D) cocaine; hallucinogen
   B) marijuana; stimulant  E) heroin; depressant
   C) cocaine; stimulant

124. LSD and other powerful hallucinogens are chemically similar to, and therefore block the actions of, a subtype of the neurotransmitter serotonin. At the synapse, these drugs act as a(n)

125. Which of the following techniques would surgeons use in mapping the areas of the brain responsible for specific activities, such as movement or speech?
   A) magnetic resonance imaging (MRI)  D) positron emission tomography (PET)
   B) computed tomography (CT)  E) lesion
   C) electroencephalogram (EEG)

126. Hunger controls are located within the brain's

127. The lack of the neurotransmitter orexin has been linked to which of the following?
   A) sleep apnea  B) paradoxical sleep  C) insomnia  D) narcolepsy  E) sleepwalking
128. Resting potential is to action potential as _______ is to _______.
   A) adrenal gland; pituitary gland  D) polarization; depolarization
   B) sensory neuron; motor neuron  E) dendrite; axon
   C) temporal lobe; occipital lobe

129. Someone who has difficulty speaking after a stroke is suffering from which of the following?
   A) neurogenesis  B) lesion  C) aphasia  D) angular gyrus  E) interneurons

130. Endocrine glands secrete hormones directly into
   A) synaptic gaps.  B) the bloodstream.  C) dendrites.  D) sensory neurons.  E) interneurons.

131. If a blind person uses one finger to read Braille, the brain area dedicated to that finger expands as the sense of touch invades the visual cortex. This is an example of
   A) brain plasticity.  D) integrated association areas.
   B) hemispheric specialization.  E) aphasia.
   C) neural prosthetics.

132. Children who release unexpressed anger toward their parents by kicking the family pet illustrate the defense mechanism of

133. Freud believed that _______ were the “royal road to the unconscious.”
   A) projective tests  B) dreams  C) erogenous zones  D) psychosexual stages  E) hypnotic trances

134. According to Maslow, our need for
   A) love must be met before we are preoccupied with satisfying our need for food.
   B) adequate clothing must be met before we are preoccupied with satisfying our need for self-esteem.
   C) religious fulfillment must be met before we are preoccupied with satisfying our need for adequate housing.
   D) self-actualization must be met before we are preoccupied with satisfying our need for friendship.
   E) political freedom must be met before we are preoccupied with satisfying our need for economic security.

135. A brain lesion refers to _______ of brain tissue.
   A) electrical stimulation  B) X-ray photography  C) radioactive bombardment  D) destruction  E) development

136. If a professor accused you of cheating on a test, your adrenal glands would probably release _______ into your bloodstream.
   A) endorphins  B) acetylcholine  C) serotonin  D) epinephrine  E) insulin

137. The perception that one’s fate is determined by luck reflects
   A) reciprocal determinism.  D) the pleasure principle.
   B) self-serving bias.  E) the spotlight effect.
   C) an external locus of control.

138. Cindi prefers to take exams in the late afternoon rather than during the morning, because her energy level and ability to concentrate are better at that time. Her experience most likely reflects the influence of the

139. The association of sadness with memories of negative life events contributes to
   A) the self-reference effect.  D) source amnesia.
   B) retroactive interference.  E) mood-congruent memory.
   C) repression.

140. Two-year-old Damien frequently refuses to obey his parents because he derives immense pleasure from demonstrating his independence from their control. Freud would have suggested that Damien is going through the _______ stage of development.
   A) phallic  B) anal  C) latency  D) oral  E) fixation

141. By boosting serotonin, antidepressant drugs stimulate the growth of neurons in the
142. In terms of neurotransmitter levels, depression is associated with
   A) high dopamine levels and low serotonin levels. 
   B) low norepinephrine levels and high dopamine levels. 
   C) high norepinephrine levels and high serotonin levels. 
   D) low norepinephrine levels and low serotonin levels. 
   E) high dopamine levels and high serotonin levels.

143. The ability to learn something without any conscious memory of having learned it suggests the need to distinguish between
   A) proactive interference and retroactive interference. 
   B) short-term memory and long-term memory. 
   C) recognition and recall. 
   D) explicit memory and implicit memory. 
   E) iconic memory and echoic memory.

144. In 1848, Phineas Gage, a railroad construction foreman, survived when an explosion drove an iron rod through his head. The once friendly, soft-spoken Gage became irritable and dishonest. Gage's case provided evidence that which region of the brain plays a role in personality and behavior?
   A) temporal lobes. 
   B) sensory cortex. 
   C) frontal lobes. 
   D) parietal lobes. 
   E) Broca's area.

145. Martin Seligman advocates a positive psychology, which focuses on topics such as
   A) positive emotions, positive character traits, and enabling institutions. 
   B) optimism, projection, and fixation. 
   C) the Barnum effect, the pessimism effect, and the collective unconscious. 
   D) external locus of control, internal locus of control, and self-transcendence. 
   E) free association, psychoanalysis, and the unconscious.

146. Which theory suggests that dreams are mental responses to random bursts of neural stimulation?
   A) dissociation theory. 
   B) social influence theory. 
   C) activation-synthesis theory. 
   D) Freud's dream theory. 
   E) paradoxical sleep theory.

147. Research on the causes of homosexuality suggests that
   A) homosexuality develops most readily in families with domineering mothers and weak, ineffectual fathers. 
   B) homosexuality arises from a fear of members of the opposite sex. 
   C) male homosexuality results from abnormally high levels of testosterone in the blood. 
   D) childhood sexual victimization contributes strongly to homosexual development. 
   E) genetic influence plays a role in sexual orientation.

148. Morphine and heroin are
   A) amphetamines. 
   B) opiates. 
   C) hallucinogens. 
   D) barbiturates. 
   E) stimulants.

149. Which of the following is most accurate about a typical night's sleep?
   A) The sleep cycle repeats itself every 60 minutes. 
   B) During REM sleep the muscles are tense and brain waves reveal deep relaxation. 
   C) As sleep progresses, Stage 3 and Stage 4 sleep diminish while REM sleep increases. 
   D) Most of a night's sleep is spent in Stage 4 and REM. 
   E) Everyone needs 8 hours of sleep per night.

150. The accuracy of the flashbulb memories of those who witnessed the 2010 earthquake in Haiti best illustrates that memory formation is facilitated by
   A) the spacing effect. 
   B) hierarchical organization. 
   C) the serial position effect. 
   D) implicit memory. 
   E) the body's release of stress hormones.

151. The cognitive perspective in psychology focuses on how
   A) feelings are influenced by blood chemistry. 
   B) people try to understand their own unconscious motives. 
   C) behavior is influenced by environmental conditions. 
   D) people encode, process, store, and retrieve information. 
   E) how behaviors and thinking vary across cultures.

152. Your life would be most immediately threatened if you suffered destruction of the
   A) amygdala. 
   B) hippocampus. 
   C) angular gyrus. 
   D) corpus callosum. 
   E) medulla.
153. Who would have been most likely to ignore mental processes and to define psychology as “the scientific study of observable behavior”?

154. Chromosomes are located within human

155. Frida was informed by a professional palm reader: “You generally communicate openly with others, but you have certain dark secrets that even your closest friends could never guess.” The fact that Frida was impressed by the palm reader’s insight into her personality best illustrates
   A) the self-reference phenomenon.  D) an external locus of control.  
   B) the Barnum effect.  E) unconditional positive regard.  
   C) the spotlight effect.

156. Because it is so pervasive, ______ is often considered “the common cold” of psychological disorders.
   A) agoraphobia  B) schizophrenia  C) depression  D) obsessive-compulsive disorder  E) dissociation

157. Which psychologist was the first woman to receive a Ph.D. in psychology after Harvard University declined to give Mary Calkins the Ph.D.?
   A) Jean Piaget  B) Francis Bacon  C) Rosalie Rayner  D) Mary Calkins  E) Margaret Washburn

158. Long-term potentiation refers to
   A) the impact of overlearning on retention.  B) an automatic tendency to recall emotionally significant events.  
   C) an increase in a neuron’s firing potential.  D) the process of learning something without any conscious memory of having learned it.  
   E) the relatively permanent and limitless storehouse of the memory system.

159. The best way to detect enlarged fluid-filled brain regions in some patients who have schizophrenia is to use a(n)
   A) EEG.  B) MRI.  C) PET scan.  D) brain lesion.  E) X-ray.

160. Fill-in-the-blank test questions measure ______ ; matching concepts with their definitions measures ______.
   A) recognition; relearning  D) relearning; recall  
   B) recall; recognition  E) recognition; rehearsal  
   C) recall; relearning

161. Many of the experimental participants who were asked how fast two cars in a filmed traffic accident were going when they smashed into each other subsequently recalled seeing broken glass at the scene of the accident. This experiment best illustrated
   A) proactive interference.  B) the self-reference effect.  
   C) the spacing effect.  D) the misinformation effect.  E) state-dependent memory.

162. An undersupply of the major inhibitory neurotransmitter known as ______ is linked to seizures.
   A) glutamate  B) GABA  C) serotonin  D) ACh  E) dopamine

163. A post-traumatic stress disorder is considered to be a(n) ______ disorder.
   A) mood  B) dissociative  C) dysthymic  D) personality  E) anxiety

164. The rhythmic bursts of brain activity that occur during Stage 2 sleep are called

165. In a study by David Rosenhan (1973), researchers were admitted as patients into various mental hospitals after they falsely claimed to be “hearing voices.” This study best illustrated the negative effects of
   A) the medical model.  B) psychoanalytic theory.  C) hallucinations.  D) linkage analysis.  E) diagnostic labels.
166. Coping with anxiety by retreating to behavior patterns characteristic of an earlier, more infantile stage of development is called

167. Which of the following is the correct order of Freud's psychosexual stages of development?
A) genital, latency, phallic, anal, oral D) phallic, anal, oral, genital, latency
B) anal, oral, latency, phallic, genital E) oral, anal, phallic, latency, genital
C) oral, genital, phallic, latency, anal

168. Neurotransmitters are chemical messengers that travel across the

169. Some information in our fleeting _______ is encoded into short-term memory.
A) repressed memory B) sensory memory C) flashbulb memory D) long-term memory E) semantic memory

170. Reading a romantic novel caused Consuela to recall some old experiences with a junior high school boyfriend. The effect of the novel on Consuela's memory retrieval is an illustration of
A) priming. B) chunking. C) source amnesia. D) automatic processing. E) the spacing effect.

171. Ego is to id as _______ is to _______.
A) unconscious; conscious D) regression; repression
B) biology; morality E) external locus of control; internal locus of control
C) reality principle; pleasure principle

172. The parietal lobes are to ____ as the occipital lobes are to ___ ___.
A) hearing; speaking D) tasting; smelling
B) sensing touch; seeing E) speaking; seeing
C) sensing pleasure; sensing pain

173. The emotional tone of our dreams is especially likely to be influenced by activation of the _______ during REM sleep.
A) sensory cortex B) limbic system C) frontal lobes D) pineal gland E) MDMA area

174. The psychologist Jean Piaget constructed a vivid, detailed memory of being kidnapped after hearing his nursemaid's false reports of such an event. His experience best illustrates

175. Opiate drugs occupy the same receptor sites as

176. Which of the following is the most widely consumed psychoactive substance?
A) alcohol B) marijuana C) nicotine D) cocaine E) caffeine

177. Schizophrenia is most closely linked with excess receptor activity for the neurotransmitter
A) dopamine. B) epinephrine. C) acetylcholine. D) serotonin. E) GABA.

178. Frank refuses to believe that he is addicted to drugs despite overwhelming evidence to the contrary. He is most clearly demonstrating the defense mechanism of

179. The prolonged stress of sustained physical abuse may inhibit memory formation by shrinking the

180. Contemporary psychology is best defined as the scientific study of
A) conscious and unconscious mental activity. D) thoughts, feelings, and perceptions.
B) observable responses to the environment. E) maladaptive and adaptive behaviors.
C) behavior and mental processes.
181. The MMPI is an example of a(n)  

182. To identify which specific brain areas are most active during a particular mental task, researchers would be most likely to make use of a(n)  
A) fMRI. B) hemispherectomy. C) ACh agonist. D) brain lesion. E) MRI.