|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1. The school of thought in psychology that turned away from the study of consciousness during the first half of the last century was   |  |  |  | | --- | --- | --- | |  | a. | behaviorism. | |  | b. | psychoanalysis. | |  | c. | humanistic psychology. | |  | d. | evolutionary psychology. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 2. The possibility that our mental state might have a direct impact on our actions was most clearly dismissed by   |  |  |  | | --- | --- | --- | |  | a. | evolutionary psychologists. | |  | b. | behaviorists. | |  | c. | cognitive neuroscientists. | |  | d. | behavior geneticists. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 3. After 1960, psychology regained an interest in consciousness as psychologists of all persuasions began affirming the importance of   |  |  |  | | --- | --- | --- | |  | a. | evolutionary psychology. | |  | b. | change blindness. | |  | c. | neuroscience. | |  | d. | cognition. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 4. Most psychologists define *consciousness* as   |  |  |  | | --- | --- | --- | |  | a. | our subjective awareness of ourselves and our environment. | |  | b. | mental processes. | |  | c. | observations of behavior. | |  | d. | waking awareness and altered states of observation. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 5. Consciousness contributes to all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | reflecting on past experiences. | |  | b. | setting goals for the future. | |  | c. | dreaming about an old friend. | |  | d. | focusing our attention to learn complex tasks. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 6. Most conscious thoughts focus on   |  |  |  | | --- | --- | --- | |  | a. | memories from the past. | |  | b. | feelings and emotions. | |  | c. | the present and the future. | |  | d. | well-learned skills. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 7. Vera is learning how to drive and is intently focused on the car she is operating, the traffic on the road, and the road signs and traffic signals. This concentration is an aspect of her   |  |  |  | | --- | --- | --- | |  | a. | inattentional blindness. | |  | b. | change blindness. | |  | c. | consciousness. | |  | d. | dual processing. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 8. When Sanela’s alarm went off this morning, she turned it off and briefly returned to sleep. When she woke up, she felt drowsy, but a cup of coffee helped her feel more alert. At work, she spent the morning in a focused flow state, but became distracted and began daydreaming after lunch. In the evening, she meditated for half an hour before going to bed. Sanela’s activities throughout the day represent different   |  |  |  | | --- | --- | --- | |  | a. | states of consciousness. | |  | b. | selective attentions. | |  | c. | cocktail party effects. | |  | d. | inattentional blindness. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 9. Eva, a college student, is figuring out which courses to take next semester. To help her make a decision, she makes a list of each course’s pros and cons. This ability is an aspect of her   |  |  |  | | --- | --- | --- | |  | a. | inattentional blindness. | |  | b. | change blindness. | |  | c. | consciousness. | |  | d. | dual processing. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 10. Which of the following is NOT a state of consciousness?   |  |  |  | | --- | --- | --- | |  | a. | daydreaming | |  | b. | meditation | |  | c. | inattentional blindness | |  | d. | drowsiness |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 11. By paying attention to her long-term goal of becoming a doctor, Maria makes sure that she applies herself to all class assignments, no matter how difficult. This best illustrates the adaptive value of   |  |  |  | | --- | --- | --- | |  | a. | change blindness. | |  | b. | consciousness. | |  | c. | the cocktail party effect. | |  | d. | inattentional blindness.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 12. When Janet was first learning to ride a bike, \_\_\_\_\_\_\_\_focused her attention. Once she mastered this skill, bike-riding became \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | conscious awareness; semi-automatic | |  | b. | altered states; subjective | |  | c. | waking awareness; semi-unconscious | |  | d. | environmental awareness; cognitive |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 13. The interdisciplinary study of the linkages between brain activity and mental processes is known as   |  |  |  | | --- | --- | --- | |  | a. | evolutionary psychology. | |  | b. | neurology. | |  | c. | behaviorism. | |  | d. | cognitive neuroscience. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 14. Cognitive neuroscience is most directly concerned with studying   |  |  |  | | --- | --- | --- | |  | a. | selective attention and accidents. | |  | b. | daydreams and night dreams. | |  | c. | selective attention and daydreams. | |  | d. | brain activity and thought processes. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 15. Professor Geier is teaching a course that includes material on the study of the relationship between brain activity and mental processes. This interdisciplinary study is referred to as   |  |  |  | | --- | --- | --- | |  | a. | cognitive neuroscience. | |  | b. | selective attention. | |  | c. | dual processing. | |  | d. | blindsight. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 16. Determining the brain-activation patterns associated with a person’s ability to solve crossword puzzles is an aspect of   |  |  |  | | --- | --- | --- | |  | a. | parallel processing. | |  | b. | cognitive neuroscience. | |  | c. | behaviorism. | |  | d. | sequential processing. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 17. Conscious experience arises from   |  |  |  | | --- | --- | --- | |  | a. | parallel processing. | |  | b. | inattentional blindness. | |  | c. | dual processing. | |  | d. | synchronized activity across the brain. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 18. \_\_\_\_\_\_\_\_ is a product of coordinated, brain-wide activity.   |  |  |  | | --- | --- | --- | |  | a. | Selective attention | |  | b. | Sequential processing | |  | c. | Consciousness | |  | d. | Blindsight |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 19. If a stimulus activates enough brain-wide coordinated neural activity, it crosses a(n) \_\_\_\_\_\_\_\_ for consciousness.   |  |  |  | | --- | --- | --- | |  | a. | section | |  | b. | sequence | |  | c. | entrance | |  | d. | threshold |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 20. One theory of how synchronized activity produces conscious awareness proposes that incoming information activates a super network known as the cerebral   |  |  |  | | --- | --- | --- | |  | a. | response system. | |  | b. | cortex. | |  | c. | workspace. | |  | d. | threshold. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 21. Which type of scientist would be most interested in identifying the brain activity associated with recognizing a familiar melody?   |  |  |  | | --- | --- | --- | |  | a. | evolutionary psychologist | |  | b. | cognitive neuroscientist | |  | c. | behavior geneticist | |  | d. | behaviorist |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 22. Dr. Austin’s research is focused on the coordinated brain activity that enables a person to hear and understand words spoken by another person. Dr. Austin is a(n)   |  |  |  | | --- | --- | --- | |  | a. | evolutionary psychologist. | |  | b. | cognitive neuroscientist. | |  | c. | behavior geneticist. | |  | d. | behaviorist.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 23. It has been estimated that our five senses take in \_\_\_\_\_\_\_\_ bits of information per second while we process only \_\_\_\_\_\_\_\_ bits of information per second.   |  |  |  | | --- | --- | --- | |  | a. | 1000; 10 | |  | b. | 11,000; 20 | |  | c. | 101,000; 30 | |  | d. | 11,000,000; 40 |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 24. Focusing conscious awareness on a particular stimulus is called   |  |  |  | | --- | --- | --- | |  | a. | blindsight. | |  | b. | parallel processing. | |  | c. | change blindness. | |  | d. | selective attention. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 25. Our inability to consciously process all the sensory information available to us at any single point in time best illustrates the existence of   |  |  |  | | --- | --- | --- | |  | a. | blindsight. | |  | b. | selective attention. | |  | c. | change blindness. | |  | d. | dual processing. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 26. While focused on studying for his psychology course, Juan isn’t easily distracted by the music his sister is playing or his parents' conversation in the kitchen. This best illustrates   |  |  |  | | --- | --- | --- | |  | a. | inattentional blindness. | |  | b. | sequential processing. | |  | c. | blindsight. | |  | d. | selective attention.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 27. The cocktail party effect provides an example of   |  |  |  | | --- | --- | --- | |  | a. | change blindness. | |  | b. | dual processing. | |  | c. | selective attention. | |  | d. | blindsight. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 28. Hayley did not hear what her brother was saying while she was focused on posting a message on Facebook. Her experience best illustrates   |  |  |  | | --- | --- | --- | |  | a. | dual processing. | |  | b. | the cocktail party effect. | |  | c. | inattentional blindness. | |  | d. | blindsight.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 29. One study of teen drivers found that driver distraction from passengers or phones occurred immediately before \_\_\_\_\_\_\_\_ percent of their crashes.   |  |  |  | | --- | --- | --- | |  | a. | 12 | |  | b. | 28 | |  | c. | 45 | |  | d. | 58 |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 30. Jules is taking a psychology class this semester and always brings his phone with him to class. He tends to check his phone about every 15 minutes during lectures. This means that Jules is likely to   |  |  |  | | --- | --- | --- | |  | a. | take excellent notes during lectures. | |  | b. | be distracted during lectures. | |  | c. | do well on class assessments. | |  | d. | befriend the student sitting next to him during lectures. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 31. Tracey frequently checks her text messages while driving. While this is extremely dangerous, like Tracey, \_\_\_\_\_\_\_\_ percent of U.S. drivers have read or sent a text message while driving in the past month.   |  |  |  | | --- | --- | --- | |  | a. | 15 | |  | b. | 25 | |  | c. | 35 | |  | d. | 60 |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 32. Talking with other passengers in the car makes the risk of an accident \_\_\_\_\_\_\_\_times greater than normal.   |  |  |  | | --- | --- | --- | |  | a. | 0 | |  | b. | 0.6 | |  | c. | 1.6 | |  | d. | 5 |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 33. Which of the following poses the greatest risk of an accident while driving?   |  |  |  | | --- | --- | --- | |  | a. | sending text messages | |  | b. | talking on a cell phone | |  | c. | listening to the car radio | |  | d. | talking with others in the vehicle |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 34. Annette was driving to the grocery store when she heard a new text message come through on her phone. When she picked up the phone to read the message, she inadvertently drove through a stop sign and hit another car. Annette’s experience best illustrates the impact of   |  |  |  | | --- | --- | --- | |  | a. | blindsight. | |  | b. | inattentional blindness. | |  | c. | the cocktail party effect. | |  | d. | selective attention. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 35. An 18-month study of the driving habits of long-haul truckers found that when they were texting, their risk of a collision increased \_\_\_\_\_\_\_\_ times.   |  |  |  | | --- | --- | --- | |  | a. | 12 | |  | b. | 23 | |  | c. | 45 | |  | d. | 76  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 36. Failing to see visible objects when our attention is directed elsewhere is called   |  |  |  | | --- | --- | --- | |  | a. | blindsight. | |  | b. | parallel processing. | |  | c. | the cocktail party effect. | |  | d. | inattentional blindness. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 37. While shopping at the supermarket, Gregory is distracted by a woman in his aisle who is having a loud argument on her phone. As he waits in line to check out, Gregory realizes his wallet is missing, stolen by the woman’s accomplice while Gregory’s attention was elsewhere. This best illustrates the impact of   |  |  |  | | --- | --- | --- | |  | a. | parallel processing. | |  | b. | change blindness. | |  | c. | inattentional blindness. | |  | d. | blindsight.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 38. When asked to watch a video and press a key each time a black-shirted player passed a basketball, most research participants remained unaware of a gorilla thumping its chest in the midst of the players. This illustrated   |  |  |  | | --- | --- | --- | |  | a. | the cocktail party effect. | |  | b. | inattentional blindness. | |  | c. | blindsight. | |  | d. | dual processing. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 39. While a man provided directions to a construction worker, two experimenters rudely interrupted by passing between them carrying a door. The man’s failure to notice that during this interruption the construction worker was replaced by another person wearing different-colored clothes illustrates   |  |  |  | | --- | --- | --- | |  | a. | inattentional blindness. | |  | b. | blindsight. | |  | c. | parallel processing. | |  | d. | change blindness.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 40. When Lisa sits down in a café for lunch, a server greets her and hands her a menu. He then goes outside to take his break. Lisa, who is hungry and focused on what she plans to eat, fails to notice that the server who returns to take her order is different from the original server. Lisa’s oversight is due to   |  |  |  | | --- | --- | --- | |  | a. | parallel processing. | |  | b. | inattentional blindness. | |  | c. | sequential processing. | |  | d. | change blindness. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 41. Ivy fails to notice that her new iPad, which had been right next to her lunch plate, is no longer there. Her oversight best illustrates   |  |  |  | | --- | --- | --- | |  | a. | parallel processing. | |  | b. | inattentional blindness. | |  | c. | dual processing. | |  | d. | change blindness. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 42. In two interview experiments, most participants failed to notice that the woman interviewing them changed after the fourth question of the interview. This best illustrated   |  |  |  | | --- | --- | --- | |  | a. | the cocktail party effect. | |  | b. | inattentional blindness. | |  | c. | change blindness. | |  | d. | blindsight. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 43. We know more than we know we know thanks to our capacity for   |  |  |  | | --- | --- | --- | |  | a. | sequential processing. | |  | b. | consciousness. | |  | c. | change blindness. | |  | d. | dual processing. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 44. The simultaneous processing of information at both conscious and unconscious levels is called   |  |  |  | | --- | --- | --- | |  | a. | the cocktail party effect. | |  | b. | inattentional blindness. | |  | c. | dual processing. | |  | d. | selective attention. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 45. Ezekiel was able to correctly solve a novel logic problem by simultaneously applying unconscious inferences and conscious knowledge of philosophical principles. This best illustrates the value of   |  |  |  | | --- | --- | --- | |  | a. | inattentional blindness. | |  | b. | a biopsychosocial approach. | |  | c. | dual processing. | |  | d. | behaviorism.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 46. Although many experienced drivers cannot accurately explain how they do it, most know how to turn successfully from a left to a right lane of traffic. This best illustrates the value of   |  |  |  | | --- | --- | --- | |  | a. | sequential processing. | |  | b. | blindsight. | |  | c. | change blindness. | |  | d. | unconscious processing. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 47. A condition in which a person can respond to a visual stimulus without consciously experiencing it is known as   |  |  |  | | --- | --- | --- | |  | a. | the cocktail party effect. | |  | b. | change blindness. | |  | c. | inattentional blindness. | |  | d. | blindsight. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 48. Although unable to report the width of a block in front of her, a woman identified as D. F. could grasp the block with just the right finger-thumb distance. Her experience best illustrates   |  |  |  | | --- | --- | --- | |  | a. | blindsight. | |  | b. | the cocktail party effect. | |  | c. | selective attention. | |  | d. | inattentional blindness.  ​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 49. Kairo was in an accident that left him unable to recognize and discriminate objects visually. Even so, he was able to perform certain tasks that usually require sight, such as picking up small objects. This is referred to as   |  |  |  | | --- | --- | --- | |  | a. | dual processing. | |  | b. | inattentional numbness. | |  | c. | inattentional blindness. | |  | d. | blindsight.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 50. In the visual system, the visual perception track   |  |  |  | | --- | --- | --- | |  | a. | guides our moment-to-moment movements. | |  | b. | enables us to recognize things and to plan future actions. | |  | c. | focus conscious awareness on a particular stimulus. | |  | d. | focus attention on one thing at a time. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 51. Our visual perception track enables us to recognize objects while our visual action track enables us to manipulate objects. This best illustrates   |  |  |  | | --- | --- | --- | |  | a. | parallel processing | |  | b. | dual processing. | |  | c. | selective attention. | |  | d. | sequential processing. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 52. Becky is learning how to read and is having trouble distinguishing between the letters b, d, p, and q. This specific task is related to her   |  |  |  | | --- | --- | --- | |  | a. | visual action track. | |  | b. | ability for sequential processing. | |  | c. | blindsight. | |  | d. | visual perception track. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 53. In the vision system, the \_\_\_\_\_\_\_\_ guides our moment-to-moment movements.   |  |  |  | | --- | --- | --- | |  | a. | visual action track | |  | b. | visual processing track | |  | c. | visual planning track | |  | d. | visual perception track |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 54. Liam is playing baseball and catches a pop fly that was hit in his direction. His ability to do so is related to his   |  |  |  | | --- | --- | --- | |  | a. | visual action track. | |  | b. | ability for sequential processing. | |  | c. | blindsight. | |  | d. | visual perception track. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 55. Accurately grasping a ball a split second before we consciously recognize the ball's size best illustrates our capacity for   |  |  |  | | --- | --- | --- | |  | a. | selective attention. | |  | b. | sequential processing. | |  | c. | dual processing. | |  | d. | blindsight. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 56. Although most of us are unaware of our prejudices, they often influence the way we consciously perceive different racial groups. This best illustrates   |  |  |  | | --- | --- | --- | |  | a. | blindsight. | |  | b. | dual processing. | |  | c. | inattentional blindness. | |  | d. | the cocktail party effect.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 57. Sometimes our unconscious biases do not match our conscious beliefs. This illustrates that   |  |  |  | | --- | --- | --- | |  | a. | much of our thinking, feeling, and acting operates outside conscious awareness. | |  | b. | we are ruled by our intentions and deliberate choices. | |  | c. | we are often motivated to avoid thinking. | |  | d. | consciousness enables us to exert voluntary control.  ​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 58. As Sarah sits in class, she is able to listen to her professor’s lecture while also viewing slides on the screen. This involves   |  |  |  | | --- | --- | --- | |  | a. | parallel processing. | |  | b. | sequential processing. | |  | c. | consciousness. | |  | d. | selective attention. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 59. The processing of many aspects of a problem simultaneously is called   |  |  |  | | --- | --- | --- | |  | a. | the cocktail party effect. | |  | b. | inattentional blindness. | |  | c. | parallel processing. | |  | d. | blindsight. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 60. A capacity to monitor simultaneously the color, shape, and motion of a flying kite best illustrates   |  |  |  | | --- | --- | --- | |  | a. | inattentional blindness. | |  | b. | parallel processing. | |  | c. | the cocktail party effect. | |  | d. | change blindness. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 61. Sequential processing refers to   |  |  |  | | --- | --- | --- | |  | a. | the formation of complex neural networks. | |  | b. | consciously focusing on one aspect of a problem at a time. | |  | c. | the brain's ability to automatically regulate basic life-sustaining processes such as breathing. | |  | d. | the coordinated brain-wide activity that triggers consciousness. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 62. Nell is browsing the exhibits at her school’s science fair when a poster catches her eye. Reading carefully about the research described in the poster, Nell is engaged in   |  |  |  | | --- | --- | --- | |  | a. | parallel processing. | |  | b. | sequential processing. | |  | c. | consciousness. | |  | d. | blindsight. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 63. Multiplying two numbers by consciously focusing on and solving each step in the process in sequence best illustrates   |  |  |  | | --- | --- | --- | |  | a. | inattentional blindness. | |  | b. | the two-track mind. | |  | c. | sequential processing. | |  | d. | choice blindness.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 64. Angela is focusing her study efforts on biology, a subject she knows nothing about. Specifically, she is focused on an assignment involving dissection. She is likely to use   |  |  |  | | --- | --- | --- | |  | a. | sequential processing. | |  | b. | selective attention. | |  | c. | blindsight. | |  | d. | parallel processing. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 65. Stephanie is learning how to type on her computer keyboard. Because this is a new skill for her, it will involve   |  |  |  | | --- | --- | --- | |  | a. | sequential processing. | |  | b. | parallel processing. | |  | c. | selective attention. | |  | d. | neurogenesis. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 66. Consciousness is to unconsciousness as \_\_\_\_\_\_\_\_ is to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | selective attention; the cocktail party effect | |  | b. | sequential processing; parallel processing | |  | c. | behaviorism; cognitive neuroscience | |  | d. | change blindness; inattentional blindness |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 67. Compared with unconscious information processing, conscious information processing is relatively   |  |  |  | | --- | --- | --- | |  | a. | fast and especially effective for solving new problems. | |  | b. | slow and especially effective for solving new problems. | |  | c. | fast and especially effective for solving routine problems. | |  | d. | slow and especially effective for solving routine problems. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 68. You will find it difficult to tap a steady beat three times with your left hand while tapping four times with your right hand because both tasks require   |  |  |  | | --- | --- | --- | |  | a. | dual processing. | |  | b. | blindsight. | |  | c. | change blindness. | |  | d. | conscious attention. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 69. Compared with parallel processing, sequential processing tends to be \_\_\_\_\_\_\_\_ conscious and better for solving \_\_\_\_\_\_\_\_ problems.   |  |  |  | | --- | --- | --- | |  | a. | less; novel | |  | b. | more; familiar | |  | c. | less; familiar | |  | d. | more; novel |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 70. Douglas is learning how to knit. Because this is a new skill, it will involve   |  |  |  | | --- | --- | --- | |  | a. | sequential processing. | |  | b. | parallel processing. | |  | c. | dual processing. | |  | d. | blindsight processing. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 71. Wayne is playing a new video game with his older brother. Because this is his first time playing the game, it will involve   |  |  |  | | --- | --- | --- | |  | a. | sequential processing. | |  | b. | parallel processing. | |  | c. | dual processing. | |  | d. | blindsight processing. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 72. A periodic, natural loss of consciousness that involves distinct stages is known as   |  |  |  | | --- | --- | --- | |  | a. | the circadian rhythm. | |  | b. | narcolepsy. | |  | c. | an hallucination. | |  | d. | sleep. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 73. Research on sleep and dreaming confirms that   |  |  |  | | --- | --- | --- | |  | a. | sleepwalkers are acting out their dreams. | |  | b. | while some people dream every night, others seldom dream. | |  | c. | our brain continues to monitor our environment while we sleep. | |  | d. | older adults sleep more than young adults. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 74. Thinking and memory improve as we approach our daily peak in   |  |  |  | | --- | --- | --- | |  | a. | sleep. | |  | b. | delta waves. | |  | c. | dreaming. | |  | d. | circadian arousal. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 75. When pulling an all-nighter to study for an exam, students often feel groggiest in the middle of the night but experience new energy around the time they normally would wake up. This best illustrates the impact of   |  |  |  | | --- | --- | --- | |  | a. | sleep apnea. | |  | b. | memory consolidation. | |  | c. | the circadian rhythm. | |  | d. | REM rebound.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 76. Circadian rhythm refers to   |  |  |  | | --- | --- | --- | |  | a. | the pattern of emotional ups and downs we routinely experience. | |  | b. | a pattern of biological functioning that occurs on a roughly 24-hour cycle. | |  | c. | the experience of sleep apnea following a lengthy transoceanic plane flight. | |  | d. | the cycle of four distinct stages that we experience during a normal night's sleep. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 77. With the approach of night, our body temperature begins to drop. This best illustrates the dynamics of the   |  |  |  | | --- | --- | --- | |  | a. | hypnagogic state. | |  | b. | circadian rhythm. | |  | c. | alpha wave pattern. | |  | d. | REM rebound. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 78. Amber enjoys going out with friends in the late evening. Her mother prefers to socialize in the morning, when she feels most energetic. This difference between Amber and her mother is best explained by the fact that age and experience tend to alter our   |  |  |  | | --- | --- | --- | |  | a. | REM rebound. | |  | b. | NREM-2 sleep. | |  | c. | hypnagogic sensations. | |  | d. | circadian rhythm.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 79. Most 20-year-olds are “owls,” with performance \_\_\_\_\_\_\_\_ across the day. Most older adults are “larks,” with performance \_\_\_\_\_\_\_\_ as the day progresses.   |  |  |  | | --- | --- | --- | |  | a. | improving; declining | |  | b. | declining; improving | |  | c. | declining; staying the same | |  | d. | staying the same; declining  ​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 80. Compared with evening-loving “night owls,” those who are morning types tend to perform \_\_\_\_\_\_\_\_ in school and tend to be \_\_\_\_\_\_\_\_ vulnerable to depression.   |  |  |  | | --- | --- | --- | |  | a. | worse; more | |  | b. | better; less | |  | c. | worse; less | |  | d. | better; more |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 81. Who was the first to trace the rolling eye movements during sleep?   |  |  |  | | --- | --- | --- | |  | a. | William Dement | |  | b. | Rebecca Robbins | |  | c. | Eugene Aserinsky | |  | d. | James Maas  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 82. Fast and jerky movements of the eyes are especially likely to be associated with   |  |  |  | | --- | --- | --- | |  | a. | sleep spindles. | |  | b. | narcolepsy. | |  | c. | REM sleep. | |  | d. | sleep apnea. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 83. The \_\_\_\_\_\_\_\_ of an alert, waking state and the regular \_\_\_\_\_\_\_\_ of an awake, relaxed state differ from the slower, larger \_\_\_\_\_\_\_\_ of deep N3 sleep.   |  |  |  | | --- | --- | --- | |  | a. | alpha waves; beta waves; delta waves | |  | b. | delta waves; alpha waves; beta waves | |  | c. | beta waves; delta waves; alpha waves | |  | d. | beta waves; alpha waves; delta waves |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 84. The relatively slow brain waves of a relaxed, awake state are called   |  |  |  | | --- | --- | --- | |  | a. | beta waves. | |  | b. | sleep spindles. | |  | c. | alpha waves. | |  | d. | delta waves. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 85. Which sleep stage is characterized by slowed breathing and irregular brain waves?   |  |  |  | | --- | --- | --- | |  | a. | N1 | |  | b. | N2 | |  | c. | N3 | |  | d. | REM |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 86. It’s almost midnight and Joanna is ready to go to sleep. Her eyes are closed and she’s very relaxed, but she is still awake. An EEG is most likely to indicate the presence of   |  |  |  | | --- | --- | --- | |  | a. | delta waves. | |  | b. | alpha waves. | |  | c. | sleep spindles | |  | d. | rapid eye movements. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 87. Sensory experiences that occur without an external sensory stimulus are called   |  |  |  | | --- | --- | --- | |  | a. | night terrors. | |  | b. | REMs. | |  | c. | sleep spindles. | |  | d. | hallucinations. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 88. Fantastic images resembling hallucinations occur with the onset of   |  |  |  | | --- | --- | --- | |  | a. | narcolepsy. | |  | b. | delta waves. | |  | c. | sleep spindles. | |  | d. | N1 sleep. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 89. Hypnagogic sensations are most closely associated with \_\_\_\_\_\_\_\_ sleep.   |  |  |  | | --- | --- | --- | |  | a. | N1 | |  | b. | N2 | |  | c. | N3 | |  | d. | REM  ​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 90. Josh has been asleep for less than a minute and he feels like he is falling from the top of a high cliff. His experience best illustrates   |  |  |  | | --- | --- | --- | |  | a. | the circadian rhythm. | |  | b. | hypnagogic sensations. | |  | c. | sleep spindles. | |  | d. | narcolepsy.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 91. Which sleep stage lasts about 20 minutes and includes bursts of rapid, rhythmic brain-wave activity?   |  |  |  | | --- | --- | --- | |  | a. | N1 | |  | b. | N2 | |  | c. | N3 | |  | d. | REM |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 92. An EEG shows bursts of rapid, rhythmic brain-wave activity during \_\_\_\_\_\_\_\_ sleep.   |  |  |  | | --- | --- | --- | |  | a. | N1 | |  | b. | N2 | |  | c. | N3 | |  | d. | REM |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 93. Amanda is currently asleep and is experiencing sleep spindles that aid memory processing. Which stage of sleep is she in?   |  |  |  | | --- | --- | --- | |  | a. | N1 | |  | b. | N2 | |  | c. | N3 | |  | d. | REM  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 94. The rhythmic bursts of brain activity that occur during N2 sleep are called   |  |  |  | | --- | --- | --- | |  | a. | alpha waves. | |  | b. | circadian rhythms. | |  | c. | sleep spindles. | |  | d. | delta waves. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 95. Which 30-minute sleep stage is characterized by slow-wave sleep and delta waves?   |  |  |  | | --- | --- | --- | |  | a. | N1 | |  | b. | N2 | |  | c. | N3 | |  | d. | REM |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 96. About 40 minutes after going to bed, Geoff was so soundly asleep his wife could not awaken him when she heard a noise downstairs. At this point in Geoff’s sleep, an EEG would have most likely detected   |  |  |  | | --- | --- | --- | |  | a. | alpha waves. | |  | b. | beta waves. | |  | c. | delta waves. | |  | d. | REM rebound.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 97. Delta waves are most clearly associated with \_\_\_\_\_\_\_\_ sleep.   |  |  |  | | --- | --- | --- | |  | a. | N1 | |  | b. | N2 | |  | c. | N3 | |  | d. | REM  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 98. Bed-wetting is most likely to occur at the end of \_\_\_\_\_\_\_\_ sleep.   |  |  |  | | --- | --- | --- | |  | a. | N1 | |  | b. | N2 | |  | c. | N3 | |  | d. | REM  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 99. Hypnagogic sensations are to \_\_\_\_\_\_\_\_ as delta waves are to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | N1; N3 | |  | b. | REM; N2 | |  | c. | N2; REM | |  | d. | REM; N1 |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 100. The brain waves associated with REM sleep are most similar to those of   |  |  |  | | --- | --- | --- | |  | a. | N1 sleep. | |  | b. | N2 sleep. | |  | c. | N3 sleep. | |  | d. | an awake but relaxed state.  ​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 101. The sleep stage during which your heart rate rises and your breathing becomes rapid and irregular is   |  |  |  | | --- | --- | --- | |  | a. | N1 sleep. | |  | b. | N2 sleep. | |  | c. | NR sleep. | |  | d. | REM sleep.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 102. Peggy has been asleep for two and a half hours. She is experiencing increased heart rate and rapid breathing. In addition, Peggy’s eyes are moving rapidly under her eyelids. Research suggests that Peggy is   |  |  |  | | --- | --- | --- | |  | a. | dreaming. | |  | b. | emitting delta waves. | |  | c. | about to sleepwalk. | |  | d. | experiencing a night terror.  ​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 103. The body is internally aroused, with waking-like brain activity, yet asleep and externally calm during which sleep stage?   |  |  |  | | --- | --- | --- | |  | a. | paradoxical sleep | |  | b. | N2 sleep | |  | c. | N1 sleep | |  | d. | N3 |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 104. REM sleep is called paradoxical sleep because   |  |  |  | | --- | --- | --- | |  | a. | our heart rate is slow and steady, while our breathing is highly irregular. | |  | b. | we are deeply asleep but can be awakened easily. | |  | c. | our body is internally aroused, while our muscles are relaxed and hardly move. | |  | d. | it leads to highly imaginative dreams that are perceived as colorless images.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 105. Piper is in a sleep stage that is also known as paradoxical sleep. Which sleep stage is she in?   |  |  |  | | --- | --- | --- | |  | a. | REM | |  | b. | N1 | |  | c. | N2 | |  | d. | N3 |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 106. Alicia is sleeping and is currently dreaming. Which sleep stage is she in?   |  |  |  | | --- | --- | --- | |  | a. | REM | |  | b. | N1 | |  | c. | N2 | |  | d. | N3 |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 107. Genital arousal is most likely to be associated with   |  |  |  | | --- | --- | --- | |  | a. | sleep apnea. | |  | b. | REM sleep. | |  | c. | N3 sleep. | |  | d. | sleep spindles. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 108. During REM sleep, your skeletal muscles are relaxed because messages from the motor cortex are blocked by the   |  |  |  | | --- | --- | --- | |  | a. | brainstem. | |  | b. | hypothalamus. | |  | c. | suprachiasmatic nucleus. | |  | d. | amygdala. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 109. After sleeping for about an hour and a half, José enters a phase of paradoxical sleep. He is likely to   |  |  |  | | --- | --- | --- | |  | a. | be easily awakened. | |  | b. | have slower, more regular breathing. | |  | c. | emit slower brain waves. | |  | d. | have very relaxed muscles. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 110. Fifty-year-old Shen tells her friend that she has never experienced a dream. Research suggests that she most likely   |  |  |  | | --- | --- | --- | |  | a. | would report a vivid dream if she were awakened during REM sleep. | |  | b. | dreams during N1 rather than during REM sleep. | |  | c. | experiences more N2 sleep than most people. | |  | d. | cycles through the distinct sleep stages much more slowly than most people. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 111. For younger adults, the sleep cycle repeats itself every \_\_\_\_\_\_\_\_ minutes.   |  |  |  | | --- | --- | --- | |  | a. | 30 | |  | b. | 60 | |  | c. | 90 | |  | d. | 120 |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 112. At 2 o’clock in the morning, 25-year-old Shawn had been asleep for three hours. As long as he continues to sleep, we can expect an increasing occurrence of   |  |  |  | | --- | --- | --- | |  | a. | hypnagogic sensations. | |  | b. | muscle tension. | |  | c. | REM sleep. | |  | d. | N3 sleep.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 113. During the course of a full night's sleep, young adults are most likely to spend more time in   |  |  |  | | --- | --- | --- | |  | a. | N3 sleep than in N2 sleep. | |  | b. | REM sleep than in N1 sleep. | |  | c. | N1 sleep than in N3 sleep. | |  | d. | REM sleep than in N2 sleep. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 114. Jan is sleeping and will pass through a multistage sleep cycle several times tonight. As the night progresses, we can expect that she will spend less time in \_\_\_\_\_\_\_\_ sleep.   |  |  |  | | --- | --- | --- | |  | a. | deep | |  | b. | REM | |  | c. | N1 | |  | d. | N2 |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 115. Compared with young adults, older adults are especially likely to   |  |  |  | | --- | --- | --- | |  | a. | spend less time in deep sleep. | |  | b. | spend less time in N1 sleep. | |  | c. | spend more time in paradoxical sleep. | |  | d. | complete the sleep cycle more slowly. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 116. Multiple research studies have found genes associated with particular sleep patterns. Sleep patterns also change across place and time. These facts best illustrate that sleep patterns are affected by both   |  |  |  | | --- | --- | --- | |  | a. | rapid eye movements and sleep spindles. | |  | b. | latent content and manifest content. | |  | c. | alpha waves and beta waves. | |  | d. | heredity and environment. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 117. Which of the following is NOT a contributor to students not getting enough sleep?   |  |  |  | | --- | --- | --- | |  | a. | earlier school start times | |  | b. | more extracurricular activities | |  | c. | fewer parent-set bedtimes | |  | d. | higher incomes |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 118. Research indicates that in Britain, Canada, Germany, Japan, and the United States, adults tend to sleep \_\_\_\_\_\_\_\_ on workdays than on other days. Many people also go to bed \_\_\_\_\_\_\_\_ now than did people in days past.   |  |  |  | | --- | --- | --- | |  | a. | more; earlier | |  | b. | more; later | |  | c. | less; earlier | |  | d. | less; later |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 119. The pair of cell clusters in the hypothalamus that controls our circadian rhythm is   |  |  |  | | --- | --- | --- | |  | a. | the hippocampus. | |  | b. | melatonin. | |  | c. | hypnagogic sensation. | |  | d. | the suprachiasmatic nucleus. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 120. The activation of light-sensitive proteins in our eyes' retinas signals our brain to decrease the production of   |  |  |  | | --- | --- | --- | |  | a. | free radicals. | |  | b. | benzene. | |  | c. | melatonin. | |  | d. | dopamine. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 121. In response to light, the SCN causes the pineal gland to adjust the production of   |  |  |  | | --- | --- | --- | |  | a. | free radicals. | |  | b. | benzene. | |  | c. | melatonin. | |  | d. | dopamine. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 122. The circadian rhythm is influenced by light-sensitive retinal proteins that trigger signals to the   |  |  |  | | --- | --- | --- | |  | a. | suprachiasmatic nucleus. | |  | b. | hippocampus. | |  | c. | amygdala. | |  | d. | brainstem. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 123. Exposure to bright light causes the   |  |  |  | | --- | --- | --- | |  | a. | thyroid gland to increase the production of melatonin. | |  | b. | thyroid gland to decrease the production of melatonin. | |  | c. | pineal gland to increase the production of melatonin. | |  | d. | pineal gland to decrease the production of melatonin. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 124. Celia is up late studying for an exam, and her eyelids are beginning to droop with fatigue. This is because melatonin is being released by the   |  |  |  | | --- | --- | --- | |  | a. | pineal gland. | |  | b. | pituitary gland. | |  | c. | thyroid gland. | |  | d. | hypothalamus. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 125. It is almost midnight and Bill is beginning to feel extremely sleepy. This is because the \_\_\_\_\_\_\_\_ quiets down, allowing the release of melatonin into the bloodstream.   |  |  |  | | --- | --- | --- | |  | a. | suprachiasmatic nucleus | |  | b. | pituitary gland | |  | c. | thyroid gland | |  | d. | hypothalamus |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 126. A disruption of our 24-hour biological clock as a result of either overexposure or underexposure to light is referred to as   |  |  |  | | --- | --- | --- | |  | a. | somnambulism. | |  | b. | paradoxical sleep. | |  | c. | circadian rhythms. | |  | d. | desynchronization. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 127. During the COVID-19 pandemic, Henry, a nurse, worked frequent night shifts and slept mostly during the day. The resulting disruption to his 24-hour biological clock is referred to as   |  |  |  | | --- | --- | --- | |  | a. | somnambulism. | |  | b. | paradoxical sleep. | |  | c. | circadian rhythm. | |  | d. | desynchronization. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 128. As a result of stay-at-home orders during the COVID-19 pandemic, people in many countries experienced lower-than-normal levels of light, affecting their   |  |  |  | | --- | --- | --- | |  | a. | biological clock. | |  | b. | paradoxical sleep. | |  | c. | cultural sleep patterns. | |  | d. | sleep apnea risk. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 129. Clare has an early-morning meeting tomorrow, so she heads to bed several hours before her usual bedtime. But she finds that she’s unable to fall asleep, and in the end, she winds up drifting off around the same time she normally would. This is most likely a reflection of   |  |  |  | | --- | --- | --- | |  | a. | somnambulism. | |  | b. | narcolepsy. | |  | c. | the circadian rhythm. | |  | d. | sleep apnea. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 130. Which of the following activities is NOT likely to lead to desynchronization?   |  |  |  | | --- | --- | --- | |  | a. | working overnight shifts at a hospital | |  | b. | going to sleep at sundown and awakening at dawn every day | |  | c. | regularly keeping your home brightly lit until bedtime | |  | d. | regularly working in a dimly lit room all day |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 131. The brain’s \_\_\_\_\_\_\_\_ decreases production of melatonin in the morning and increases it in the evening.   |  |  |  | | --- | --- | --- | |  | a. | pineal gland | |  | b. | limbic system | |  | c. | brainstem | |  | d. | medulla |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 132. Jeremias is employed as a parts inspector during the night shift at an automotive factory. He frequently finds it difficult to fall asleep and so often does not get enough rest. This increases the likelihood that he will develop all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | fatigue. | |  | b. | stomach problems. | |  | c. | heart disease. | |  | d. | melatonin overproduction.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 133. Our ancestors likely got \_\_\_\_\_\_\_\_ during the winter months and \_\_\_\_\_\_\_\_ during the summer months.   |  |  |  | | --- | --- | --- | |  | a. | more sleep; less sleep | |  | b. | more sleep; more sleep | |  | c. | less sleep; less sleep | |  | d. | less sleep; more sleep |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 134. Javier is a first-year college student who has recently developed the pattern of staying up late watching movies with his new friends. This is likely to lead to   |  |  |  | | --- | --- | --- | |  | a. | sleep difficulties. | |  | b. | him being a morning person. | |  | c. | increased energy. | |  | d. | increased well-being. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 135. Alistair texts with friends for about an hour before he goes to bed each night. Alistair’s behavior will   |  |  |  | | --- | --- | --- | |  | a. | help him go to sleep faster. | |  | b. | help him develop a regular sleep schedule. | |  | c. | delay sleep. | |  | d. | help him relax before bedtime. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 136. Steven, like \_\_\_\_\_\_\_\_ percent of Americans, tends to use a light-emitting electronic device an hour before going to sleep.   |  |  |  | | --- | --- | --- | |  | a. | 10 | |  | b. | 30 | |  | c. | 70 | |  | d. | 90 |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 137. Andrew has just flown from Barcelona to Boston. Because of the additional hours of daylight he experienced, Andrew had a restless, sleepless night. His problem probably results from a disruption of his   |  |  |  | | --- | --- | --- | |  | a. | narcolepsy. | |  | b. | circadian rhythm. | |  | c. | hypnagogic sensations. | |  | d. | sleep paralysis.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 138. The idea that sleeping at night kept our ancestors out of danger supports which theory of why we need sleep?   |  |  |  | | --- | --- | --- | |  | a. | Sleep protects. | |  | b. | Sleep helps us recover. | |  | c. | Sleep aids memory. | |  | d. | Sleep helps creativity. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 139. Marco has the flu. What can he do to help recover and restore his immune system?   |  |  |  | | --- | --- | --- | |  | a. | have some chicken soup | |  | b. | exercise | |  | c. | watch TV | |  | d. | sleep |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 140. Sleep can help us to recuperate by doing all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | restoring the immune system. | |  | b. | producing free radicals. | |  | c. | repairing brain tissue. | |  | d. | pruning unused connections in the brain. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 141. Which of the following animals tend to sleep the least?   |  |  |  | | --- | --- | --- | |  | a. | giraffes | |  | b. | dolphins | |  | c. | cats | |  | d. | bats |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 142. Bats need a lot of sleep because their high waking metabolism produces \_\_\_\_\_\_\_\_ that are toxic to neurons.   |  |  |  | | --- | --- | --- | |  | a. | growth hormones | |  | b. | high melatonin levels | |  | c. | free radicals | |  | d. | alpha waves |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 143. During sleep, memories stored in the \_\_\_\_\_\_\_\_ are moved to permanent storage in areas of the cortex.   |  |  |  | | --- | --- | --- | |  | a. | thalamus | |  | b. | suprachiasmatic nucleus | |  | c. | amygdala | |  | d. | hippocampus |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 144. Nandita advises her roommate, who plans to stay up all night studying for an exam, to instead study earlier and get a good night's rest to aid her memory of the material. Why is this helpful advice?   |  |  |  | | --- | --- | --- | |  | a. | Sleep reactivates recent experiences that are stored in the hippocampus and moves them to permanent storage elsewhere in the cortex. | |  | b. | Sleep allows resting neurons time to repair themselves and prunes unused connections in the brain. | |  | c. | During sleep, the pituitary gland releases a human growth hormone that is necessary for muscle development. | |  | d. | Sleep sweeps away free radicals and other toxic molecules. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 145. Harper has a chemistry test tomorrow and has spent the entire day studying for the exam. What would you advise her to do to further improve her chances of doing well on the test tomorrow?   |  |  |  | | --- | --- | --- | |  | a. | “Cram for the exam all night tonight.” | |  | b. | “Don’t worry about it tonight. Get up early tomorrow and cram for the exam right before you take it.” | |  | c. | “Don’t sweat it! If you don’t know the material by now, there is no point studying.” | |  | d. | “Make sure you get enough sleep tonight because sleep can help consolidate your memory of the course material you have been studying.” |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 146. Sleep reactivates recent experiences that are stored in the hippocampus and moves them into permanent storage. This is known as the process of   |  |  |  | | --- | --- | --- | |  | a. | recuperation. | |  | b. | consolidation. | |  | c. | creativity. | |  | d. | desynchronization. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 147. Sleep reactivates recent experiences stored in the hippocampus and shifts them for permanent storage in the   |  |  |  | | --- | --- | --- | |  | a. | thalamus. | |  | b. | suprachiasmatic nucleus. | |  | c. | amygdala. | |  | d. | cortex. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 148. Our memories are consolidated during   |  |  |  | | --- | --- | --- | |  | a. | paradoxical sleep. | |  | b. | slow-wave deep sleep. | |  | c. | brief N1 sleep. | |  | d. | hypnagogic experiences. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 149. Researchers have found that after working on a task and sleeping on it, people tend to solve difficult problems more insightfully compared with those who stayed awake after working on the task. This demonstrates that sleep   |  |  |  | | --- | --- | --- | |  | a. | can aid creative thinking. | |  | b. | helps us to recuperate. | |  | c. | consolidates memories. | |  | d. | supports growth. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 150. Natalina is a graphic designer whose work requires her to think imaginatively and present ideas in visually novel ways. Her work is most likely to be facilitated by   |  |  |  | | --- | --- | --- | |  | a. | hypnagogic sensations. | |  | b. | sleep spindles. | |  | c. | full nights of sleep. | |  | d. | sleep apnea. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 151. Production of the human growth hormone necessary for muscle development is most strongly associated with   |  |  |  | | --- | --- | --- | |  | a. | sleep spindles. | |  | b. | deep sleep. | |  | c. | hypnagogic sensations. | |  | d. | REM rebound. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 152. Wesley is 13 years old and hopes to develop his muscles to the point that he can be a top-notch football player. The hormone production that will help facilitate his goal is most closely associated with   |  |  |  | | --- | --- | --- | |  | a. | REM sleep. | |  | b. | N1 sleep. | |  | c. | N2 sleep. | |  | d. | N3 sleep.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 153. Terrance spent several sleepless nights worrying about whether he would be accepted by the college of his choice. During the first few days after he received his acceptance letter, he averaged nearly 12 hours of sleep. He then settled back to 7.5 to 9 hours of sleep a day. The unusually lengthy sleep time of the first few days after exams suggests that Terrance ended the semester with   |  |  |  | | --- | --- | --- | |  | a. | sleep apnea. | |  | b. | narcolepsy. | |  | c. | low melatonin levels. | |  | d. | a sleep debt.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 154. Sleep loss has been associated with all of the following, EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | reduced energy. | |  | b. | bad mood. | |  | c. | high academic achievement. | |  | d. | depression. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 155. Dylan’s parents have emphasized the importance of sleep to well-being, and so Dylan has averaged 8 hours of sleep a night. As a result, he is LESS likely to experience   |  |  |  | | --- | --- | --- | |  | a. | increased energy. | |  | b. | good mood. | |  | c. | high academic achievement. | |  | d. | depression. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 156. Researchers have found that adolescents who sleep \_\_\_\_\_\_\_\_ a night are at an increased risk of depression.   |  |  |  | | --- | --- | --- | |  | a. | less than 10 hours | |  | b. | less than 8 hours | |  | c. | 7 or more hours | |  | d. | 5 or fewer hours |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 157. Scarlett has an active social life and sleeps only 4 hours a night. As a result, Scarlett is most likely to experience   |  |  |  | | --- | --- | --- | |  | a. | increased energy. | |  | b. | good mood. | |  | c. | high academic achievement. | |  | d. | depression. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 158. Among students, later secondary school start times consistently result in   |  |  |  | | --- | --- | --- | |  | a. | sleep deprivation. | |  | b. | reduced alertness. | |  | c. | reduced attendance. | |  | d. | fewer car accidents. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 159. Research has concluded that there is a clear association between sleep loss and   |  |  |  | | --- | --- | --- | |  | a. | weight gain. | |  | b. | decreased depression. | |  | c. | decreased anxiety. | |  | d. | weight loss. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 160. People who regularly sleep less than normal experience a(n) \_\_\_\_\_\_\_\_ risk of depression and a(n) \_\_\_\_\_\_\_\_ risk of gaining weight.   |  |  |  | | --- | --- | --- | |  | a. | decreased; decreased | |  | b. | increased; increased | |  | c. | decreased; increased | |  | d. | increased; decreased |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 161. Sleep deprivation increases levels of the hunger-arousing hormone \_\_\_\_\_\_\_\_ and decreases levels of the hunger-suppressing hormone \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | melatonin; cortisol | |  | b. | serotonin; orexin | |  | c. | ghrelin; leptin | |  | d. | epinephrine; norepinephrine |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 162. Caleb has been very busy attending classes in his college major and participating in the school’s football team. After dinner in the school cafeteria, he returns to his dorm room to do his homework, leaving him with only 4 or 5 hours of sleep. Caleb has noticed that he’s been gaining weight. This is because   |  |  |  | | --- | --- | --- | |  | a. | of increased cortical responses to help him resist temptation. | |  | b. | all this work has made him feel depressed. | |  | c. | sleep deprivation alters our hormones, our metabolism, and the brain’s responses to food. | |  | d. | decreased limbic brain responses to the sight of food. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 163. Sleep deprivation \_\_\_\_\_\_\_\_ the production of body fat by \_\_\_\_\_\_\_\_ levels of the stress hormone cortisol.   |  |  |  | | --- | --- | --- | |  | a. | stimulates; increasing | |  | b. | inhibits; increasing | |  | c. | stimulates; decreasing | |  | d. | inhibits; decreasing |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 164. Sleep deprivation had been found to \_\_\_\_\_\_\_\_ metabolic rate and \_\_\_\_\_\_\_\_ limbic brain responses to the mere sight of food.   |  |  |  | | --- | --- | --- | |  | a. | increase; enhance | |  | b. | decrease; diminish | |  | c. | increase; diminish | |  | d. | decrease; enhance |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 165. Of the following people, who will be LESS likely to resist temptation to the sight of food?   |  |  |  | | --- | --- | --- | |  | a. | Bree, who is on a diet | |  | b. | Scott, who is fasting for religious reasons | |  | c. | Parker, who is well rested | |  | d. | Margo, who has not gotten enough sleep the past few days |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 166. Which of the following is a reason why we may overeat when sleep deprived?   |  |  |  | | --- | --- | --- | |  | a. | The cortical responses that help us resist temptation increase. | |  | b. | The production of cortisol decreases. | |  | c. | The production of ghrelin increases. | |  | d. | The production of leptin increases. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 167. Dewey never gets as much sleep as he needs. This is most likely to place him at an increased risk of   |  |  |  | | --- | --- | --- | |  | a. | narcolepsy. | |  | b. | night terrors. | |  | c. | sleep apnea. | |  | d. | gaining weight.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 168. Sleep deprivation has been shown to   |  |  |  | | --- | --- | --- | |  | a. | increase attentiveness to highly motivating tasks. | |  | b. | reduce REM rebound. | |  | c. | diminish immunity to disease. | |  | d. | decrease narcolepsy. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 169. \_\_\_\_\_\_\_\_ can suppress immune cells that battle viral infections and cancer.   |  |  |  | | --- | --- | --- | |  | a. | Sleep paralysis | |  | b. | Physical exercise | |  | c. | Sleep deprivation | |  | d. | Oversleeping |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 170. Sleep deprivation   |  |  |  | | --- | --- | --- | |  | a. | slows reactions. | |  | b. | increases errors on visual attention tasks. | |  | c. | both slows reactions and increases errors on visual attention tasks. | |  | d. | neither slows reactions nor increases errors on visual attention tasks. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 171. Immediately following the “spring forward” to daylight savings time in North America, people show a higher-than-normal incidence of   |  |  |  | | --- | --- | --- | |  | a. | sleep apnea. | |  | b. | accidents. | |  | c. | narcolepsy. | |  | d. | night terrors. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 172. Traffic accident rates have been found to \_\_\_\_\_\_\_\_ after the spring change to daylight savings time and to \_\_\_\_\_\_\_\_ after the fall change back to standard time.   |  |  |  | | --- | --- | --- | |  | a. | increase; increase | |  | b. | decrease; decrease | |  | c. | increase; decrease | |  | d. | decrease; increase |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 173. Today, Ben experienced discrimination when a suspicious clerk followed him around a clothing store. Tonight, Ben may experience   |  |  |  | | --- | --- | --- | |  | a. | slowed reaction times. | |  | b. | difficulty sleeping. | |  | c. | a microsleep. | |  | d. | immune suppression. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 174. Colton has had only five hours of sleep during the last few nights. The risk of Colton being involved in a driving accident has increased because his lack of sleep diminishes his   |  |  |  | | --- | --- | --- | |  | a. | cortisol levels. | |  | b. | REM rebound. | |  | c. | attentional focus. | |  | d. | hypnagogic sensations. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 175. Claire has a difficult time sleeping several nights during the week. Which of the following is NOT a natural sleep aid that you should recommend to Claire?   |  |  |  | | --- | --- | --- | |  | a. | get regular exercise | |  | b. | take long naps | |  | c. | relax before bedtime | |  | d. | manage your stress |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 176. Tony suffers from insomnia and is often sleep deprived. Which of the following effects is he likely to experience?   |  |  |  | | --- | --- | --- | |  | a. | decreased ability to focus attention | |  | b. | low blood pressure | |  | c. | increase in the hunger-suppressing hormone ghrelin | |  | d. | faster reaction time |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 177. Which of the following is NOT a known consequence of sleep deprivation?   |  |  |  | | --- | --- | --- | |  | a. | increased inflammation and arthritis | |  | b. | greater risk of obesity | |  | c. | increase in the hunger-arousing hormone ghrelin | |  | d. | decreased blood pressure |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 178. To aid sleep, the best time to exercise is   |  |  |  | | --- | --- | --- | |  | a. | early in the morning. | |  | b. | shortly before noon. | |  | c. | late afternoon. | |  | d. | within 3 hours of bedtime. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 179. Camila is hoping to improve the length and quality of her sleep. She might benefit from   |  |  |  | | --- | --- | --- | |  | a. | exercising in the late evening. | |  | b. | keeping a clock nearby to monitor during the night. | |  | c. | exposing herself to bright light shortly before bedtime. | |  | d. | rising at the same time each day despite the amount of time spent sleeping. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 180. Which of the following is bad advice for a person trying to overcome problems falling asleep?   |  |  |  | | --- | --- | --- | |  | a. | Drink a glass of milk 15 minutes before bedtime. | |  | b. | Avoid taking short naps during the day. | |  | c. | Drink a glass of wine 15 minutes before bedtime. | |  | d. | Don't engage in strenuous physical exercise just before bedtime. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 181. Which of the following is the best advice for a person concerned about occasional sleep loss?   |  |  |  | | --- | --- | --- | |  | a. | Relax and drink a glass of milk before bedtime. | |  | b. | Eat a big dinner late in the evening so you'll feel drowsy at bedtime. | |  | c. | Relax with a drink of your favorite alcoholic beverage just before bedtime. | |  | d. | Engage in some form of vigorous physical exercise shortly before bedtime. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 182. Deniz, who has never had trouble sleeping, finds she can’t fall asleep the night before her wedding. It is reasonable to assume that Deniz   |  |  |  | | --- | --- | --- | |  | a. | is displaying early signs of insomnia. | |  | b. | is experiencing a normal loss of sleep. | |  | c. | is suffering from sleep apnea. | |  | d. | may experience an episode of narcolepsy at the event. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 183. A recurring difficulty in falling or staying asleep is called   |  |  |  | | --- | --- | --- | |  | a. | narcolepsy. | |  | b. | insomnia. | |  | c. | sleep apnea. | |  | d. | paradoxical sleep. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 184. Narcolepsy is a disorder in which a person   |  |  |  | | --- | --- | --- | |  | a. | temporarily stops breathing during sleep. | |  | b. | has sudden uncontrollable seizures. | |  | c. | experiences uncontrollable attacks of overwhelming sleepiness. | |  | d. | has difficulty falling and staying asleep. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 185. Mr. Jones is arguing with his son Jacob about Jacob’s use of the family car. In the middle of the argument, Mr. Jones suddenly falls asleep. Mr. Jones may suffer from   |  |  |  | | --- | --- | --- | |  | a. | narcolepsy. | |  | b. | insomnia. | |  | c. | sleep apnea. | |  | d. | REM rebound.  ​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 186. In which of the following disorders does the person repeatedly stop breathing while asleep?   |  |  |  | | --- | --- | --- | |  | a. | narcolepsy | |  | b. | sleep apnea | |  | c. | night terrors | |  | d. | insomnia |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 187. Sleep apnea patients who repeatedly awaken with a gasp and then immediately fall back to sleep typically   |  |  |  | | --- | --- | --- | |  | a. | feel fatigued the next day. | |  | b. | experience greater-than-average amounts of slow-wave sleep. | |  | c. | have dreams that they are suffocating or drowning. | |  | d. | do normal waking activities while asleep. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 188. Mr. Glenday repeatedly stops breathing while asleep. It is most likely that Mr. Glenday suffers from   |  |  |  | | --- | --- | --- | |  | a. | sleep apnea. | |  | b. | narcolepsy. | |  | c. | night terrors. | |  | d. | insomnia.  ​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 189. Particularly among men, sleep apnea is linked with   |  |  |  | | --- | --- | --- | |  | a. | night terrors. | |  | b. | sleepwalking. | |  | c. | narcolepsy. | |  | d. | obesity. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 190. A sleep disorder that occurs mostly in young children and can occur during any sleep stage is   |  |  |  | | --- | --- | --- | |  | a. | sleepwalking. | |  | b. | insomnia. | |  | c. | sleeptalking. | |  | d. | night terrors. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 191. Paulina, who has been asleep for several hours, suddenly gets out of bed, goes to the kitchen, and opens the refrigerator. Her roommate, who is still awake, guides Paulina back to bed. The next morning, Paulina remembers nothing of the incident. Paulina is exhibiting   |  |  |  | | --- | --- | --- | |  | a. | narcolepsy. | |  | b. | insomnia. | |  | c. | sleeptalking. | |  | d. | sleepwalking. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 192. At 3:00 A.M., 10-year-old Lee gets out of bed and sleepwalks to the kitchen. A brain EEG would probably indicate the presence of   |  |  |  | | --- | --- | --- | |  | a. | alpha waves. | |  | b. | sleep spindles. | |  | c. | REM sleep. | |  | d. | delta waves.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 193. Sitting up in bed, talking nonsense, and appearing highly distressed during N3 sleep is most characteristic of   |  |  |  | | --- | --- | --- | |  | a. | narcolepsy. | |  | b. | sleep apnea. | |  | c. | night terrors. | |  | d. | REM rebound. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 194. It has been found that night terrors   |  |  |  | | --- | --- | --- | |  | a. | are usually recalled vividly for days following their occurrence. | |  | b. | are typically accompanied by a state of temporary muscular immobility or paralysis. | |  | c. | jolt the sleeper to a sudden state of full waking alertness. | |  | d. | typically occur during N3 sleep. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 195. Children who suffer night terrors typically   |  |  |  | | --- | --- | --- | |  | a. | fail to recall these episodes the next day. | |  | b. | experience greater-than-average amounts of slow-wave sleep. | |  | c. | have dreams that they are suffocating or drowning. | |  | d. | require prescription drugs to recover from this condition. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 196. Nightmares are to \_\_\_\_\_\_\_\_ as night terrors are to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | REM sleep; N3 sleep | |  | b. | delta waves; alpha waves | |  | c. | N3 sleep; N1 sleep | |  | d. | N1 sleep; REM sleep |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 197. REM sleep is   |  |  |  | | --- | --- | --- | |  | a. | reduced by alcohol and reduced by sleeping pills. | |  | b. | increased by alcohol and reduced by sleeping pills. | |  | c. | reduced by alcohol and increased by sleeping pills. | |  | d. | increased by alcohol and increased by sleeping pills. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 198. A need to take larger and larger doses of sleeping pills to avoid insomnia is an indication of   |  |  |  | | --- | --- | --- | |  | a. | narcolepsy. | |  | b. | tolerance. | |  | c. | sleep apnea. | |  | d. | REM rebound. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 199. A dream is best described as   |  |  |  | | --- | --- | --- | |  | a. | a sequence of images, emotions, and thoughts passing through a sleeping person’s mind. | |  | b. | a periodic, natural loss of consciousness. | |  | c. | regular body rhythms that occur on a 24-hour cycle. | |  | d. | false sensory experiences. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 200. Which of the following is NOT a common theme in our dreams?   |  |  |  | | --- | --- | --- | |  | a. | winning the lottery | |  | b. | failing at something | |  | c. | being attacked | |  | d. | experiencing misfortune |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 201. Research studies of the content of dreams indicate that   |  |  |  | | --- | --- | --- | |  | a. | men are less likely than women to report dreams with sexual overtones. | |  | b. | the genital arousal that occurs during sleep is typically related to sexual dreams. | |  | c. | most dreams are marked by at least one negative event or emotion. | |  | d. | most dreams are pleasant, exotic, and unrelated to ordinary daily life. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 202. During breakfast your sister tells you about last night’s dream. In her dream, she was robbed at gunpoint as she walked from school to home. What would your response be?   |  |  |  | | --- | --- | --- | |  | a. | “That’s a strange dream.” | |  | b. | “You should be extra careful. It may be a premonition.” | |  | c. | “I read recently that those types of dreams are very rare.” | |  | d. | “Being attacked is one of the most common themes in dreams.”  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 203. After suffering a trauma, people commonly report nightmares. One of the benefits of these nightmares is that they help   |  |  |  | | --- | --- | --- | |  | a. | prevent paradoxical sleep. | |  | b. | reduce sleep apnea. | |  | c. | increase REM rebound. | |  | d. | extinguish daytime fears. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 204. Stephen survived the 9/11 terrorist attacks and has nightmares related to his experience. The nightmares   |  |  |  | | --- | --- | --- | |  | a. | emphasize his traumatic experience. | |  | b. | contain much latent content. | |  | c. | serve to consolidate his memory of the attacks. | |  | d. | can help reduce daytime fears. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 205. Who is most likely to have a violent dream tonight?   |  |  |  | | --- | --- | --- | |  | a. | Sally, who watched a musical right before going to bed | |  | b. | Michael, who is a musician and plays the drums | |  | c. | Stacey, who is undergoing play therapy | |  | d. | Brandon, who watched a scary movie before going to bed |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 206. A sleepwalker’s capacity to monitor external stimuli well enough to wander around the house while asleep best illustrates that we function with a   |  |  |  | | --- | --- | --- | |  | a. | circadian rhythm. | |  | b. | two-track mind. | |  | c. | REM rebound. | |  | d. | sleep debt. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 207. Reddy has been asleep for several hours when his phone begins to ring. Reddy does not wake up but is suddenly dreaming that he is answering his phone as he walks to class. By incorporating something from the environment into his dream Reddy is demonstrating   |  |  |  | | --- | --- | --- | |  | a. | circadian rhythms. | |  | b. | our two-track mind. | |  | c. | REM rebound. | |  | d. | the effects of a sleep debt.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 208. While sound asleep, people cannot   |  |  |  | | --- | --- | --- | |  | a. | talk and dream at the same time. | |  | b. | incorporate environmental changes into the content of their dreams. | |  | c. | learn recorded information. | |  | d. | do any of these things. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 209. Georgia saw an ad on TV suggesting that a new program could be used to help her learn Italian while she sleeps. What should you tell Georgia about buying this program?   |  |  |  | | --- | --- | --- | |  | a. | “Buy it before supplies run out. It’ll be a great help when you go to Italy.” | |  | b. | “I’ve heard such programs help with English but not with other languages.” | |  | c. | “Don’t buy it. We can’t remember recorded information played while we are asleep.” | |  | d. | “It could help you learn some basic words in Italian, but it won’t help with advanced conversations.” |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 210. According to Freud, the dreams of adults can be traced back to   |  |  |  | | --- | --- | --- | |  | a. | erotic wishes. | |  | b. | stressful life events. | |  | c. | biological needs for brain stimulation. | |  | d. | random bursts of neural activity. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 211. Freud called the remembered story line of a dream its \_\_\_\_\_\_\_\_ content.   |  |  |  | | --- | --- | --- | |  | a. | manifest | |  | b. | paradoxical | |  | c. | hypnagogic | |  | d. | circadian |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 212. As Alane recalled her dream, she was walking in the park when a tall, handsome man approached her; suddenly the scene shifted and the man disappeared. According to Freud, Alane’s account represents the \_\_\_\_\_\_\_\_ content of her dream.   |  |  |  | | --- | --- | --- | |  | a. | paradoxical | |  | b. | manifest | |  | c. | latent | |  | d. | hypnagogic  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 213. According to Freud, the latent content of a dream refers to   |  |  |  | | --- | --- | --- | |  | a. | its accompanying brain-wave pattern. | |  | b. | the previous day's events that prompted the dream. | |  | c. | the sensory stimuli in the sleeper's environment that are incorporated into the dream. | |  | d. | its underlying but censored meaning. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 214. Selwyn dreamed last night that Janice, his girlfriend, locked him out of their apartment. Selwyn’s therapist suggested that the dream might represent Janice’s avoidance of sexual intimacy. According to Freud, the therapist was attempting to reveal the \_\_\_\_\_\_\_\_ of Selwyn’s dream.   |  |  |  | | --- | --- | --- | |  | a. | paradoxical content | |  | b. | circadian rhythm | |  | c. | latent content | |  | d. | manifest content  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 215. Which of the following is NOT a criticism of Freud’s dream theory?   |  |  |  | | --- | --- | --- | |  | a. | Dreams can be interpreted in many different ways. | |  | b. | There is no scientific evidence to support Freud’s theory. | |  | c. | Erotic symbols do not appear in dreams with unexpected frequency. | |  | d. | Freud’s theory has inspired other theories. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 216. Research indicates that total time spent in REM sleep is especially high in   |  |  |  | | --- | --- | --- | |  | a. | males. | |  | b. | infants. | |  | c. | females. | |  | d. | the elderly. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 217. The \_\_\_\_\_\_\_\_ theory of dreaming suggests that dreams help sift, sort, and fix the day’s experience in our memory.   |  |  |  | | --- | --- | --- | |  | a. | wish-fulfillment | |  | b. | cognitive development | |  | c. | activation-synthesis | |  | d. | information-processing  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 218. Evidence suggests that we consolidate our memories of recent life events through   |  |  |  | | --- | --- | --- | |  | a. | sleeptalking. | |  | b. | EEG recordings. | |  | c. | sleep apnea. | |  | d. | REM sleep. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 219. Brain regions that are active as people learn to perform a visual-discrimination task are especially likely to be active again later as they experience   |  |  |  | | --- | --- | --- | |  | a. | night terrors. | |  | b. | narcolepsy. | |  | c. | sleep apnea. | |  | d. | REM sleep. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 220. Sara has greater difficulty remembering the new vocabulary she learns during her ESL class if she experiences inadequate REM sleep the night after class. Which theory best accounts for Sara's experience?   |  |  |  | | --- | --- | --- | |  | a. | wish-fulfillment theory | |  | b. | cognitive development theory | |  | c. | activation-synthesis theory | |  | d. | information-processing theory |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 221. Which theory suggests that dreams are mental responses to random bursts of neural stimulation?   |  |  |  | | --- | --- | --- | |  | a. | cognitive development theory | |  | b. | memory consolidation theory | |  | c. | activation-synthesis theory | |  | d. | wish-fulfillment theory |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 222. Dreams often involve sudden emotional reactions and surprising changes in scene. This best serves to support the theory that dreams   |  |  |  | | --- | --- | --- | |  | a. | strengthen our memories of the preceding day's events. | |  | b. | reflect our level of cognitive development. | |  | c. | prepare us for the stress and challenges of the following day. | |  | d. | are triggered by random bursts of neural activity. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 223. Increased activity in the \_\_\_\_\_\_\_\_ during REM sleep may best explain why dream images are often accompanied by a strong emotional tone.   |  |  |  | | --- | --- | --- | |  | a. | suprachiasmatic nucleus | |  | b. | frontal lobes | |  | c. | pineal gland | |  | d. | amygdala |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 224. Stuart dreamed last night that he was being chased by a dragon. He believes that during sleep, neural activity happens in the brain that evokes random visual memories and that his brain then weaves the images into stories. His explanation supports the \_\_\_\_\_\_\_\_ theory of dreaming.   |  |  |  | | --- | --- | --- | |  | a. | Freud’s wish-fulfillment | |  | b. | information-processing | |  | c. | cognitive development | |  | d. | activation-synthesis  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 225. Prior to age 9, children's dreams seem more like a slide show and less like an active story in which the dreamer is an actor. This best illustrates that the content of dreams reflects   |  |  |  | | --- | --- | --- | |  | a. | latent content. | |  | b. | melatonin levels. | |  | c. | night terrors. | |  | d. | cognitive development. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 226. Which theory of dreaming proposes that dreams simulate reality by drawing on our concepts and knowledge?   |  |  |  | | --- | --- | --- | |  | a. | wish-fulfillment theory | |  | b. | cognitive development theory | |  | c. | activation-synthesis theory | |  | d. | information-processing theory |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 227. Mary is 60 years old and dreamed last night about playing with her grandchildren. Samantha is 6 years old and dreamed last night about going to the circus. Their differences in dream content supports which theory of dreaming?   |  |  |  | | --- | --- | --- | |  | a. | Freud’s wish-fulfillment | |  | b. | information processing | |  | c. | cognitive development | |  | d. | activation synthesis |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 228. REM rebound is experienced by most mammals, which suggests that   |  |  |  | | --- | --- | --- | |  | a. | our dreams reflect reality. | |  | b. | REM sleep fixes the day’s experiences in our memory. | |  | c. | the causes and functions of REM sleep are biological. | |  | d. | REM sleep enables the brain to make sense of neural static |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 229. Desiree is repeatedly awakened by her roommate during REM sleep. This means that she is likely to experience an increase in REM sleep once she goes back to sleep. Her pattern of sleep is known as   |  |  |  | | --- | --- | --- | |  | a. | REM rebound. | |  | b. | hallucinations. | |  | c. | activation synthesis. | |  | d. | neural static. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 230. Which theory emphasizes that dreams simulate reality by drawing on our concepts and knowledge?   |  |  |  | | --- | --- | --- | |  | a. | wish-fulfillment theory | |  | b. | neural activation theory | |  | c. | memory consolidation theory | |  | d. | cognitive development theory |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 231. Marie is a Ph.D. student in a philosophy graduate program. The fact that her dreams often involve complex philosophical issues and metaphors about the nature of existence is best explained by   |  |  |  | | --- | --- | --- | |  | a. | wish-fulfillment theory. | |  | b. | cognitive development theory. | |  | c. | neural activation theory. | |  | d. | memory consolidation theory. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 232. 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. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 233. The best indication that dreaming serves a necessary biological function is provided by the fact that   |  |  |  | | --- | --- | --- | |  | a. | most dreams are psychologically meaningless. | |  | b. | the disruption of REM sleep leads to narcolepsy. | |  | c. | most mammals experience REM rebound. | |  | d. | sexual tension is naturally discharged during REM sleep. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 234. REM sleep occurs in mammals, but not in animals whose behavior is less influenced by learning. Which theory of dreams does this support?   |  |  |  | | --- | --- | --- | |  | a. | wish-fulfillment theory | |  | b. | cognitive development theory | |  | c. | information-processing theory | |  | d. | memory consolidation theory |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 235. Chemical substances that alter the brain, producing changes in perceptions and moods, are called \_\_\_\_\_\_\_\_ drugs.   |  |  |  | | --- | --- | --- | |  | a. | neuroadaptive | |  | b. | disinhibiting | |  | c. | psychoactive | |  | d. | dehydrating |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 236. Continued substance use despite significant life disruption is an indication of   |  |  |  | | --- | --- | --- | |  | a. | intoxication. | |  | b. | withdrawal. | |  | c. | substance use disorder. | |  | d. | a near-death experience.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 237. Pete has been drinking alcohol regularly for the past 5 years, despite the fact that it interferes with his ability to show up to work on time and get along with his girlfriend. He spends much of his free time sleeping off the effects of the previous night’s drinking. Based on these indicators, the APA would classify Pete’s substance use problem as   |  |  |  | | --- | --- | --- | |  | a. | mild. | |  | b. | moderate. | |  | c. | minimal. | |  | d. | severe. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 238. Drug use is considered a substance use disorder when a person   |  |  |  | | --- | --- | --- | |  | a. | craves the substance. | |  | b. | continues use despite social problems. | |  | c. | continues use despite hazards. | |  | d. | experiences all of these conditions. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 239. Trudy’s craving for the psychoactive drug cocaine is so strong that she is unable to do her job or maintain important relationships with her husband and children. Trudy’s symptoms suggest   |  |  |  | | --- | --- | --- | |  | a. | sensory deprivation. | |  | b. | a near-death experience. | |  | c. | substance use disorder. | |  | d. | dehydration.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 240. Annette snorts cocaine whenever she and her friends get together. Weekdays, she spends most of her after-work hours figuring out how to obtain the drug. On Monday and Tuesday, she finds it difficult to recover from weekend use of cocaine. Annette has also been absent from work several times because of this drug use. Because she has been snorting cocaine for several months now, she needs more of the cocaine for it to be effective. Which of the following best describes the severity of her substance use disorder?   |  |  |  | | --- | --- | --- | |  | a. | mild | |  | b. | moderate | |  | c. | severe | |  | d. | extreme  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 241. Peoples’ emotional reactions to the use of psychoactive drugs depend on   |  |  |  | | --- | --- | --- | |  | a. | the drugs’ biological effects. | |  | b. | the user’s expectations. | |  | c. | the user’s cultural traditions. | |  | d. | all of these factors. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 242. Recurring symptoms of tolerance and withdrawal are an indication of   |  |  |  | | --- | --- | --- | |  | a. | hallucinogens. | |  | b. | a near-death experience. | |  | c. | memory disruption. | |  | d. | substance use disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 243. The need to take larger and larger doses of a drug in order to experience its effects is an indication of   |  |  |  | | --- | --- | --- | |  | a. | withdrawal. | |  | b. | disinhibition. | |  | c. | tolerance. | |  | d. | dehydration. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 244. Meghan usually has at least five drinks before she shows any signs of being drunk. This suggests that Meghan has developed   |  |  |  | | --- | --- | --- | |  | a. | disinhibition. | |  | b. | tolerance. | |  | c. | withdrawal. | |  | d. | hallucinations.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 245. The change in brain chemistry that offsets the effects of a psychoactive drug is called   |  |  |  | | --- | --- | --- | |  | a. | addiction. | |  | b. | reuptake. | |  | c. | disinhibition. | |  | d. | neuroadaptation. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 246. Which process most clearly underlies the development of drug tolerance?   |  |  |  | | --- | --- | --- | |  | a. | disinhibition | |  | b. | REM sleep | |  | c. | neuroadaptation | |  | d. | sensory deprivation |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 247. The everyday term for compulsive substance use or dysfunctional behavior patterns despite harmful consequences is   |  |  |  | | --- | --- | --- | |  | a. | tolerance. | |  | b. | disinhibition. | |  | c. | addiction. | |  | d. | neuroadaptation.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 248. Jerome has been taking sleeping pills to help him sleep. At first, he enjoyed the effects of the drug before drifting off to sleep. Now he needs the drug to fall asleep and no longer enjoys taking it. Jerome is experiencing   |  |  |  | | --- | --- | --- | |  | a. | tolerance. | |  | b. | addiction. | |  | c. | withdrawal | |  | d. | depression. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 249. The discomfort and distress that follow discontinuing an addictive drug or behavior is called   |  |  |  | | --- | --- | --- | |  | a. | disinhibition. | |  | b. | withdrawal. | |  | c. | neuroadaptation. | |  | d. | intoxication. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 250. When Francine’s supplier could not provide enough cocaine for the week, Francine became distressed and suffered pain in her stomach. Francine was experiencing symptoms of   |  |  |  | | --- | --- | --- | |  | a. | tolerance. | |  | b. | hallucinations. | |  | c. | reuptake. | |  | d. | withdrawal.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 251. The lifetime odds of becoming addicted to marijuana are \_\_\_\_\_\_\_\_ percent.   |  |  |  | | --- | --- | --- | |  | a. | 9 | |  | b. | 21 | |  | c. | 23 | |  | d. | 68 |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 252. Ryno’s persistent urges to gamble are so strong that he continues even after he has lost more than he can afford. Ryno most clearly shows signs of   |  |  |  | | --- | --- | --- | |  | a. | withdrawal. | |  | b. | a behavior addiction. | |  | c. | reuptake. | |  | d. | intoxication.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 253. Which of the following drugs has the highest lifetime addiction rate?   |  |  |  | | --- | --- | --- | |  | a. | marijuana | |  | b. | cocaine | |  | c. | alcohol | |  | d. | tobacco |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 254. Research on the use of addictive drugs indicates that   |  |  |  | | --- | --- | --- | |  | a. | fewer than one-third of Americans who have ever smoked cigarettes have ever quit. | |  | b. | regular marijuana smokers typically need to take progressively larger doses to feel the same effect. | |  | c. | many people do voluntarily stop using addictive drugs without any treatment. | |  | d. | the majority of people who try cocaine become addicted within 10 years of first use. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 255. Russell wants to quit smoking. What can you say to give him confidence to achieve his goal?   |  |  |  | | --- | --- | --- | |  | a. | “Therapy is always needed to quit smoking.” | |  | b. | “It is not possible to quit smoking now.” | |  | c. | “Alcohol will help you quit.” | |  | d. | “Many people have been able to quit on their own.” |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 256. Psychological and drug therapies have been shown to be effective treatments for   |  |  |  | | --- | --- | --- | |  | a. | shopping addiction. | |  | b. | cell phone addiction. | |  | c. | sex addiction. | |  | d. | internet gaming disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 257. An example of a diagnosable behavior addiction is   |  |  |  | | --- | --- | --- | |  | a. | binge-eating disorder. | |  | b. | exercise addiction. | |  | c. | gambling disorder. | |  | d. | obsessive-compulsive disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 258. Psychologists try to avoid using addiction to label certain behaviors, such as excessive eating, because these behaviors   |  |  |  | | --- | --- | --- | |  | a. | may become compulsive. | |  | b. | are often dysfunctional. | |  | c. | can be treated using psychological and drug therapies. | |  | d. | while excessive, are driven. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 259. Psychoactive drugs work at the brain’s synapses, stimulating, mimicking, or \_\_\_\_\_\_\_\_ the activity of neurotransmitters.   |  |  |  | | --- | --- | --- | |  | a. | synthesizing | |  | b. | inhibiting | |  | c. | intoxicating | |  | d. | dehydrating |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 260. Depressants are drugs such as   |  |  |  | | --- | --- | --- | |  | a. | marijuana and LSD. | |  | b. | barbiturates and opioids. | |  | c. | nicotine and caffeine. | |  | d. | cocaine and amphetamines. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 261. Depressants are drugs that   |  |  |  | | --- | --- | --- | |  | a. | calm neural activity and slow body functions. | |  | b. | excite neural activity and speed up body functions. | |  | c. | depress neural activity and temporarily lessen pain and anxiety. | |  | d. | stimulate the central nervous system. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 262. In large amounts, alcohol is a \_\_\_\_\_\_\_\_; in small amounts, it is a \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | depressant; stimulant | |  | b. | stimulant; depressant | |  | c. | stimulant; stimulant | |  | d. | depressant; depressant |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 263. A drug that leads people to behave impulsively and to lack normal restraint or self-control is said to act as a(n)   |  |  |  | | --- | --- | --- | |  | a. | hallucinogen. | |  | b. | disinhibitor. | |  | c. | stimulant. | |  | d. | anesthetic. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 264. Under the influence of alcohol, sexually aroused men are \_\_\_\_\_\_\_\_ likely to be sexually aggressive than they would otherwise be and restaurant patrons are \_\_\_\_\_\_\_\_ likely to tip generously than they otherwise would.   |  |  |  | | --- | --- | --- | |  | a. | more; more | |  | b. | less; less | |  | c. | more; less | |  | d. | less; more |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 265. Women who have been drinking alcohol become \_\_\_\_\_\_\_\_ disposed to casual sex, and men who have been drinking become \_\_\_\_\_\_\_\_ disposed to casual sex.   |  |  |  | | --- | --- | --- | |  | a. | less; more | |  | b. | more; less | |  | c. | less; less | |  | d. | more; more |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 266. Alcohol acts as a \_\_\_\_\_\_\_\_, slowing brain activity that controls judgment and inhibitions.   |  |  |  | | --- | --- | --- | |  | a. | disinhibitor | |  | b. | stimulant | |  | c. | hallucinogen | |  | d. | hazard |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 267. After consuming alcohol, Marcus often behaves recklessly and becomes aggressive. This best illustrates that alcohol may act as a   |  |  |  | | --- | --- | --- | |  | a. | methamphetamine. | |  | b. | disinhibitor. | |  | c. | hallucinogen. | |  | d. | stimulant. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 268. Brain shrinkage and premature death are possible effects of   |  |  |  | | --- | --- | --- | |  | a. | obsessive-compulsive disorder. | |  | b. | marijuana use. | |  | c. | stimulant use. | |  | d. | alcohol use disorder. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 269. The prolonged, excessive drinking that characterizes alcohol use disorder may contribute to   |  |  |  | | --- | --- | --- | |  | a. | over 200 diseases. | |  | b. | long-term stomach enzyme suppression. | |  | c. | abuse of stimulants. | |  | d. | the retention of unwanted memories. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 270. Alcohol use disorder is marked by a combination of symptoms that may include tolerance, withdrawal, and   |  |  |  | | --- | --- | --- | |  | a. | disinhibition. | |  | b. | a drive to continue problematic use. | |  | c. | a decrease in the production of endorphins. | |  | d. | hallucinations |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 271. Those with alcohol use disorder are likely to experience symptoms of \_\_\_\_\_\_\_\_ when alcohol use is suspended.   |  |  |  | | --- | --- | --- | |  | a. | dehydration | |  | b. | withdrawal | |  | c. | disinhibition | |  | d. | hallucinations |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 272. Bertha’s marriage has fallen apart, and she has lost her job. However, she has had such severe alcohol withdrawal symptoms that she will not try again to reduce the amount she drinks each day. Bertha is most likely suffering from   |  |  |  | | --- | --- | --- | |  | a. | low alcohol tolerance. | |  | b. | mild hallucinations. | |  | c. | alcohol use disorder. | |  | d. | excessive self-awareness.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 273. Prolonged and excessive drinking can shrink the brain most intensely in \_\_\_\_\_\_\_\_ who have \_\_\_\_\_\_\_\_ of a stomach enzyme that digests alcohol.   |  |  |  | | --- | --- | --- | |  | a. | men; more | |  | b. | women; more | |  | c. | men; less | |  | d. | women; less |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 274. Jennifer, a 21-year-old woman, and Sam, a 23-year-old man, both consume alcohol casually with friends. Which of the two is more likely to become addicted faster and is at risk for physical damage with lower consumption levels of alcohol?   |  |  |  | | --- | --- | --- | |  | a. | Jennifer | |  | b. | Sam | |  | c. | both Jennifer and Sam | |  | d. | It cannot be determined from the information provided. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 275. Between 2001 and 2017, Canadian women’s risk for alcohol-related deaths   |  |  |  | | --- | --- | --- | |  | a. | decreased substantially more than men’s. | |  | b. | decreased by half. | |  | c. | increased at five times the rate of men’s. | |  | d. | increased at three times the rate of men’s. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 276. Larger doses of \_\_\_\_\_\_\_\_ cause reactions to slow, speech to slur, and skilled performance to decline because the drug slows sympathetic nervous system activity.   |  |  |  | | --- | --- | --- | |  | a. | alcohol | |  | b. | marijuana | |  | c. | LSD | |  | d. | cocaine |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 277. Especially when coupled with sleep deprivation, alcohol is a potent   |  |  |  | | --- | --- | --- | |  | a. | sedative. | |  | b. | hallucinogen. | |  | c. | stimulant. | |  | d. | tranquilizer. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 278. When sober, most drinkers insist that they would not drive under the influence of alcohol. Yet in experiments, the majority of intoxicated participants made the decision to drink and drive. This best illustrates that alcohol acts as a(n)   |  |  |  | | --- | --- | --- | |  | a. | stimulant. | |  | b. | opioid. | |  | c. | disinhibitor. | |  | d. | mild hallucinogen. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 279. If heavy drinking follows a period of moderate drinking, people may poison themselves with an overdose because the moderate drinking   |  |  |  | | --- | --- | --- | |  | a. | stimulates their secretion of serotonin. | |  | b. | reduces their body's level of free radicals. | |  | c. | depresses their vomiting response. | |  | d. | increases their inhibitions. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 280. An evening of moderate alcohol consumption is most likely to   |  |  |  | | --- | --- | --- | |  | a. | impair short-term recall of immediate experiences. | |  | b. | disrupt the processing of recent experiences into long-term memory. | |  | c. | impair recall of existing long-term memories. | |  | d. | increase REM sleep. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 281. George’s day at work has been stressful, so he has six drinks at a bar before returning home. Research suggests that George’s heavy drinking will have the most adverse effect on his ability to remember   |  |  |  | | --- | --- | --- | |  | a. | at the time he is drinking the names of the people he has just met. | |  | b. | the next day the names of the people he talked to and what he said while drinking. | |  | c. | at the time he is drinking the name of his employer and his own home address. | |  | d. | the next day the names of the business associates he talked to before going to the bar.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 282. Experimental participants who consumed alcohol rather than a placebo beverage were less likely to notice that their minds were wandering during a reading task. This best illustrates that alcohol reduces   |  |  |  | | --- | --- | --- | |  | a. | synaptic connections. | |  | b. | serotonin levels. | |  | c. | self-awareness. | |  | d. | sleep deprivation. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 283. Consuming alcohol is likely to \_\_\_\_\_\_\_\_ attention to a personally insulting comment and \_\_\_\_\_\_\_\_ attention to the future consequences of responding in anger.   |  |  |  | | --- | --- | --- | |  | a. | decrease; increase | |  | b. | increase; decrease | |  | c. | decrease; decrease | |  | d. | increase; increase  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 284. University men were shown an erotic movie clip. Compared with those who thought they had recently consumed a nonalcoholic beverage, men who believed they had recently consumed an alcoholic beverage were   |  |  |  | | --- | --- | --- | |  | a. | more likely to report having strong sexual fantasies and more likely to report having feelings of guilt. | |  | b. | less likely to report having strong sexual fantasies and less likely to report having feelings of guilt. | |  | c. | less likely to report having strong sexual fantasies and more likely to report having feelings of guilt. | |  | d. | more likely to report having strong sexual fantasies and less likely to report having feelings of guilt. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 285. Which drugs are most likely to be prescribed as tranquilizers?   |  |  |  | | --- | --- | --- | |  | a. | amphetamines | |  | b. | barbiturates | |  | c. | hallucinogens | |  | d. | opioids |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 286. The use of barbiturates \_\_\_\_\_\_\_\_ anxiety and \_\_\_\_\_\_\_\_ nervous system activity.   |  |  |  | | --- | --- | --- | |  | a. | increases; decreases | |  | b. | decreases; increases | |  | c. | decreases; decreases | |  | d. | increases; increases |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 287. Clara has had difficulty sleeping for a few days now. Her doctor has prescribed a drug that depresses activity in her nervous system to help her sleep. She was likely prescribed a(n)   |  |  |  | | --- | --- | --- | |  | a. | barbiturate. | |  | b. | opioid. | |  | c. | stimulant. | |  | d. | amphetamine.  ​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 288. In larger doses, \_\_\_\_\_\_\_\_ can impair memory and judgment; if combined with alcohol, the total depressive effect on the body can lead to death.   |  |  |  | | --- | --- | --- | |  | a. | opioids | |  | b. | stimulants | |  | c. | barbiturates | |  | d. | hallucinogens |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 289. Which of the following drugs depress neural functioning and temporarily reduce pain and anxiety?   |  |  |  | | --- | --- | --- | |  | a. | opioids | |  | b. | stimulants | |  | c. | barbiturates | |  | d. | hallucinogens |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 290. Morphine and heroin are   |  |  |  | | --- | --- | --- | |  | a. | amphetamines. | |  | b. | opioids. | |  | c. | hallucinogens. | |  | d. | barbiturates. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 291. Repeated use of an opioid   |  |  |  | | --- | --- | --- | |  | a. | decreases the brain's production of endorphins. | |  | b. | increases heart and breathing rates. | |  | c. | is not associated with any serious withdrawal symptoms. | |  | d. | triggers auditory as well as visual hallucinations. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 292. Which synthetic opioid is sometimes prescribed as a substitute for heroin?   |  |  |  | | --- | --- | --- | |  | a. | methamphetamine | |  | b. | melatonin | |  | c. | methadone | |  | d. | THC |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 293. Rossen, who has a history of illegal drug use, is currently on methadone to help him quit using his drug of choice. His brain no longer produces endorphins because of his drug use. He was using a(n)   |  |  |  | | --- | --- | --- | |  | a. | barbiturate. | |  | b. | opioid. | |  | c. | stimulant. | |  | d. | amphetamine.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 294. Julian’s feelings of pain and anxiety were replaced by slowed respiration, pupil constriction, and lethargy shortly after using   |  |  |  | | --- | --- | --- | |  | a. | heroin. | |  | b. | cocaine. | |  | c. | Ecstasy. | |  | d. | methamphetamine. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 295. Amphetamines are classified as \_\_\_\_\_\_\_\_ and barbiturates are classified as \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | hallucinogens; depressants | |  | b. | stimulants; depressants | |  | c. | hallucinogens; stimulants | |  | d. | stimulants; hallucinogens |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 296. The category of drugs that includes nicotine, Ecstasy, and amphetamines is the   |  |  |  | | --- | --- | --- | |  | a. | barbiturates. | |  | b. | opioids. | |  | c. | stimulants. | |  | d. | hallucinogens. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 297. Drugs that excite neural activity and speed up body functions are referred to as   |  |  |  | | --- | --- | --- | |  | a. | barbiturates. | |  | b. | opioids. | |  | c. | stimulants. | |  | d. | amphetamines.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 298. Which of the following is NOT considered a stimulant?   |  |  |  | | --- | --- | --- | |  | a. | nicotine | |  | b. | cocaine | |  | c. | opioids | |  | d. | Ecstasy |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 299. Which of the following is NOT associated with stimulant use?   |  |  |  | | --- | --- | --- | |  | a. | increase in heart rate | |  | b. | dilated pupils | |  | c. | increased blood sugar levels | |  | d. | depressed nervous system activity |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 300. Caffeine is an example of a(n)   |  |  |  | | --- | --- | --- | |  | a. | barbiturate. | |  | b. | opioid. | |  | c. | stimulant. | |  | d. | amphetamine. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 301. Rafael was disheartened to learn that some of his fellow basketball players were using drugs to improve their throwing skills and their endurance on the court. Which of the following drugs were the players most likely using?   |  |  |  | | --- | --- | --- | |  | a. | morphine derivatives | |  | b. | marijuana | |  | c. | amphetamines | |  | d. | barbiturates  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 302. Margo usually drinks one cup of coffee each morning. Which of the following will NOT occur if she misses her cup of coffee?   |  |  |  | | --- | --- | --- | |  | a. | She will be more alert. | |  | b. | She will be depressed. | |  | c. | She will suffer a headache. | |  | d. | She will be irritable. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 303. The stimulating and highly addictive psychoactive drug in tobacco products is   |  |  |  | | --- | --- | --- | |  | a. | nicotine. | |  | b. | amphetamine. | |  | c. | opioid. | |  | d. | fentanyl. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 304. Mihaela is a high school junior. All her friends have started vaping, because   |  |  |  | | --- | --- | --- | |  | a. | it gives them a jolt of nicotine without cancer-causing tar. | |  | b. | they believe it helps them cut down on smoking traditional cigarettes. | |  | c. | it is more enjoyable than regular cigarette smoking. | |  | d. | they like the excess smoke it generates. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 305. The fastest drug use increase on record is for   |  |  |  | | --- | --- | --- | |  | a. | alcohol. | |  | b. | marijuana. | |  | c. | opioids. | |  | d. | vaping. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 306. Compared to nonsmokers, smokers’ life expectancy is   |  |  |  | | --- | --- | --- | |  | a. | at least 10 years shorter. | |  | b. | 20 years shorter. | |  | c. | the same. | |  | d. | 2 years longer. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 307. What is the leading cause of preventable death in the United States?   |  |  |  | | --- | --- | --- | |  | a. | cigarette smoking | |  | b. | opioid use | |  | c. | alcohol consumption | |  | d. | marijuana use |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 308. Stimulants \_\_\_\_\_\_\_\_ appetite and \_\_\_\_\_\_\_\_ self-confidence.   |  |  |  | | --- | --- | --- | |  | a. | decrease; increase | |  | b. | increase; decrease | |  | c. | increase; increase | |  | d. | decrease; decrease |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 309. The use of \_\_\_\_\_\_\_\_ increases the chances of using conventional cigarettes.   |  |  |  | | --- | --- | --- | |  | a. | cigars | |  | b. | e-cigarettes | |  | c. | pipe tobacco | |  | d. | snuff |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 310. After 5 years of smoking two packs of cigarettes a day, Carol is getting ready to quit. Carol is most likely to experience symptoms of nicotine withdrawal, including   |  |  |  | | --- | --- | --- | |  | a. | anxiety. | |  | b. | drowsiness. | |  | c. | diminished appetite. | |  | d. | insensitivity to pain. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 311. When deprived of nicotine, smokers experience   |  |  |  | | --- | --- | --- | |  | a. | hallucinations. | |  | b. | distractibility. | |  | c. | heightened levels of dopamine. | |  | d. | heightened levels of endorphins. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 312. U.S. high school students now use \_\_\_\_\_\_\_\_ at five times the rate of traditional cigarettes.   |  |  |  | | --- | --- | --- | |  | a. | cigars | |  | b. | e-cigarettes | |  | c. | pipe tobacco | |  | d. | snuff |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 313. Samuel uses e-cigarettes. He is not alone as youth e-cigarette use \_\_\_\_\_\_\_\_ the rate of traditional cigarettes.   |  |  |  | | --- | --- | --- | |  | a. | is double | |  | b. | is triple | |  | c. | stayed about the same as | |  | d. | is five times |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 314. When Raul first quit smoking, he experienced irritability and distractibility that made it difficult for him to focus on his children or his job. Raul was most clearly experiencing symptoms of   |  |  |  | | --- | --- | --- | |  | a. | hallucinations. | |  | b. | withdrawal. | |  | c. | intoxication. | |  | d. | disinhibition.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 315. Nicotine signals the release of several neurotransmitters. Which of the following will temporarily calm anxiety and reduce sensitivity to pain?   |  |  |  | | --- | --- | --- | |  | a. | dopamine | |  | b. | opioids | |  | c. | dopamine and opioids | |  | d. | neither dopamine nor opioids |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 316. The daily smoking rate of U.S. twelfth graders decreased from 25 percent in 1997 to 2 percent in 2019 because of   |  |  |  | | --- | --- | --- | |  | a. | the increased expense of cigarette smoking. | |  | b. | increased awareness of healthier living in nonsmokers. | |  | c. | the popularity of vaping. | |  | d. | parental disapproval of smoking. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 317. By triggering the release of epinephrine and norepinephrine, \_\_\_\_\_\_\_\_ boosts alertness and diminishes appetite.   |  |  |  | | --- | --- | --- | |  | a. | alcohol | |  | b. | heroin | |  | c. | nicotine | |  | d. | ghrelin |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 318. A rewarding consequence of cigarette smoking is that it reduces   |  |  |  | | --- | --- | --- | |  | a. | blood pressure and heart rate. | |  | b. | sensitivity to pain. | |  | c. | mental alertness. | |  | d. | the release of epinephrine into the bloodstream. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 319. Worldwide, smoking has decreased by about \_\_\_\_\_\_\_\_ percent since 1990.   |  |  |  | | --- | --- | --- | |  | a. | 5 | |  | b. | 15 | |  | c. | 30 | |  | d. | 50 |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 320. Cocaine is classified as a(n)   |  |  |  | | --- | --- | --- | |  | a. | hallucinogen. | |  | b. | stimulant. | |  | c. | depressant. | |  | d. | opioid. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 321. Zorba experienced a rush of euphoria that lasted less than an hour after taking a drug that blocked the reuptake of dopamine, norepinephrine, and serotonin. The drug he used was most likely   |  |  |  | | --- | --- | --- | |  | a. | heroin. | |  | b. | cocaine. | |  | c. | LSD. | |  | d. | marijuana.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 322. When cocaine is snorted, injected, or smoked, it produces a rush of euphoria by   |  |  |  | | --- | --- | --- | |  | a. | creating hallucinations. | |  | b. | blocking the reuptake of neurotransmitters. | |  | c. | increasing the occurrence of REM. | |  | d. | triggering neuroadaptation. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 323. Emotional disturbances, suspiciousness, convulsions, cardiac arrest, and respiratory failure are most closely related to the use of   |  |  |  | | --- | --- | --- | |  | a. | marijuana. | |  | b. | cocaine. | |  | c. | barbiturates. | |  | d. | heroin. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 324. When cocaine is injected or smoked, it produces a brief rush of euphoria. But the stimulant drug \_\_\_\_\_\_\_\_ can trigger 8 hours or so of heightened energy and euphoria.   |  |  |  | | --- | --- | --- | |  | a. | LSD | |  | b. | heroin | |  | c. | Amytal | |  | d. | methamphetamine |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 325. Which of the following is a stimulant drug whose aftereffects may include seizures, depression, and occasional violent outbursts?   |  |  |  | | --- | --- | --- | |  | a. | methamphetamine | |  | b. | heroin | |  | c. | marijuana | |  | d. | LSD |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 326. Reynold is addicted to a drug that makes him energetic, but also irritable, depressed, and occasionally violent. Which drug is he most likely using?   |  |  |  | | --- | --- | --- | |  | a. | nicotine | |  | b. | alcohol | |  | c. | methamphetamine | |  | d. | Ecstasy |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 327. Which of the following is an amphetamine derivative that acts as a mild hallucinogen?   |  |  |  | | --- | --- | --- | |  | a. | marijuana | |  | b. | Nembutal | |  | c. | Ecstasy | |  | d. | heroin |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 328. The street name for MDMA (methylenedioxymethamphetamine) is   |  |  |  | | --- | --- | --- | |  | a. | marijuana. | |  | b. | Nembutal. | |  | c. | Ecstasy. | |  | d. | cocaine. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 329. Which drug triggers the release of dopamine and also releases stored serotonin and blocks its reuptake?   |  |  |  | | --- | --- | --- | |  | a. | marijuana | |  | b. | LSD | |  | c. | Ecstasy | |  | d. | cocaine |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 330. Charlotte has taken two Ecstasy pills before attending an all-night dance party. When combined with prolonged dancing, it can cause \_\_\_\_\_\_\_\_, which can lead to severe overheating and increased blood pressure.   |  |  |  | | --- | --- | --- | |  | a. | increased appetite | |  | b. | dehydration | |  | c. | lethargy | |  | d. | pupil constriction  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 331. Reduced immune system functioning is most likely to accompany long-term repeated use of   |  |  |  | | --- | --- | --- | |  | a. | Nembutal. | |  | b. | caffeine. | |  | c. | Ecstasy. | |  | d. | morphine. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 332. Which of the following is true in relation to serotonin and Ecstasy?   |  |  |  | | --- | --- | --- | |  | a. | Ecstasy interferes with serotonin's control of the circadian clock. | |  | b. | Ecstasy encourages the reuptake of serotonin. | |  | c. | Ecstasy doubles the reuptake of serotonin. | |  | d. | Ecstasy use promotes serotonin's control of the circadian clock. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 333. Psychedelic drugs, which distort perceptions and evoke sensory images in the absence of sensory input, are called   |  |  |  | | --- | --- | --- | |  | a. | amphetamines. | |  | b. | hallucinogens. | |  | c. | barbiturates. | |  | d. | opioids. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 334. Randy suffered a heart attack and lost consciousness. When he regained consciousness, he described traveling through a tunnel with bright lights and feeling as though he had left his body. What he described is   |  |  |  | | --- | --- | --- | |  | a. | a near-death experience. | |  | b. | withdrawal. | |  | c. | the effects of alcohol use disorder. | |  | d. | a general effect of depressants. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 335. Near-death experiences are   |  |  |  | | --- | --- | --- | |  | a. | typically triggered by the release of endorphins. | |  | b. | often accompanied by visions of bright lights. | |  | c. | recalled by nearly all who have been revived from a cardiac arrest. | |  | d. | a clear indication of a substance use disorder. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 336. Oxygen deprivation, epilepsy seizures, and other insults to the brain are most clearly known to produce   |  |  |  | | --- | --- | --- | |  | a. | REM sleep. | |  | b. | neuroadaptation. | |  | c. | hallucinations. | |  | d. | alcohol use disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 337. An altered state of consciousness similar to that of a near-death experience is most likely to result from the use of   |  |  |  | | --- | --- | --- | |  | a. | heroin. | |  | b. | cocaine. | |  | c. | marijuana. | |  | d. | LSD. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 338. Which of the following is a psychedelic drug?   |  |  |  | | --- | --- | --- | |  | a. | LSD | |  | b. | cocaine | |  | c. | heroin | |  | d. | nicotine |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 339. After taking a psychoactive drug, Lauretta saw “a bright light in the center of the field of vision” that created a tunnel-like perspective. Lauretta most likely experienced the effects of   |  |  |  | | --- | --- | --- | |  | a. | cocaine. | |  | b. | LSD. | |  | c. | heroin. | |  | d. | marijuana.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 340. Frank just took a drug that is associated with an increased risk of panic. Which substance did he take?   |  |  |  | | --- | --- | --- | |  | a. | MDMA | |  | b. | marijuana | |  | c. | LSD | |  | d. | alcohol |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 341. Synthetic marijuana that can have harmful side effects such as agitation and hallucinations is known as   |  |  |  | | --- | --- | --- | |  | a. | THC. | |  | b. | LSD. | |  | c. | MMDA or Ecstasy. | |  | d. | K2 or Spice. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 342. THC, the active ingredient in \_\_\_\_\_\_\_\_, is classified as a \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | marijuana; hallucinogen | |  | b. | marijuana; stimulant | |  | c. | cocaine; stimulant | |  | d. | cocaine; hallucinogen |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 343. An analysis of 15 studies showed that the THC in \_\_\_\_\_\_\_\_ joint(s) was enough to produce psychiatric symptoms such as hallucinations, delusions, and anxiety.   |  |  |  | | --- | --- | --- | |  | a. | one | |  | b. | three | |  | c. | five | |  | d. | zero; THC does not have these side effects. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 344. Unlike alcohol, the THC in marijuana   |  |  |  | | --- | --- | --- | |  | a. | acts as a disinhibitor. | |  | b. | impairs motor coordination skills. | |  | c. | promotes a state of relaxation. | |  | d. | lingers in the body for more than a week. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 345. Bradley has trouble sleeping. If he is like some other people, he may use \_\_\_\_\_\_\_\_ to try and help him sleep.   |  |  |  | | --- | --- | --- | |  | a. | alcohol | |  | b. | marijuana | |  | c. | either alcohol or marijuana | |  | d. | neither alcohol nor marijuana |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 346. According to the U.S. National Academies of Sciences, Engineering, and Medicine, the use of \_\_\_\_\_\_\_\_ is predictive of increased risk of social anxiety disorder and suicidal thoughts.   |  |  |  | | --- | --- | --- | |  | a. | alcohol | |  | b. | morphine | |  | c. | marijuana | |  | d. | heroin |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 347. Which of the following is NOT associated with marijuana use?   |  |  |  | | --- | --- | --- | |  | a. | It alleviates chronic pain. | |  | b. | It causes lung cancer. | |  | c. | It is related to increased traffic accidents. | |  | d. | It is related to chronic bronchitis. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 348. Toni, who experiences muscle soreness related to multiple sclerosis, has been prescribed a mild hallucinogen. Considering her specific medical condition, it is likely that she has received   |  |  |  | | --- | --- | --- | |  | a. | LSD. | |  | b. | cocaine. | |  | c. | marijuana. | |  | d. | heroin. |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 349. Dennis, who is a college student, smokes marijuana frequently. Which of the following is NOT a way in which marijuana use can lead to academic underachievement?   |  |  |  | | --- | --- | --- | |  | a. | Marijuana use is associated with impaired attention. | |  | b. | Marijuana use is associated with impaired learning ability. | |  | c. | Marijuana use is related to memory impairment. | |  | d. | Marijuana use is related to the development of phobias. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 350. What is the rate of addiction among those that begin using marijuana during adolescence?   |  |  |  | | --- | --- | --- | |  | a. | 1 in 2 | |  | b. | 1 in 3 | |  | c. | 1 in 5 | |  | d. | 2 in 7 |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 351. From the late 1970s to the early 1990s, marijuana use by U.S. twelfth graders \_\_\_\_\_\_\_\_, and the portion who felt there was “great risk” in marijuana use \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | increased; increased | |  | b. | decreased; decreased | |  | c. | increased; decreased | |  | d. | decreased; increased |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 352. Sharon was adopted when she was 3 years old. Her biological parents abused drugs, but her adoptive parents do not. Based on this information, how likely is it that Sharon will abuse drugs as an adult as compared with her adopted siblings?   |  |  |  | | --- | --- | --- | |  | a. | Sharon is not any more likely to abuse drugs as an adult. | |  | b. | Sharon is 50 percent more likely to abuse drugs as an adult. | |  | c. | Sharon is 90 percent more likely to abuse drugs as an adult. | |  | d. | Sharon is 25 percent more likely to abuse drugs as an adult. |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 353. \_\_\_\_\_\_\_\_ that contribute to alcohol use disorder seem to produce deficiencies in the brain’s natural dopamine reward system.   |  |  |  | | --- | --- | --- | |  | a. | Cultural expectations | |  | b. | Genes | |  | c. | Environmental influences | |  | d. | Psychological stressors |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 354. The discovery of a brain circuit that predicts excessive alcohol drinking in mice illustrates that   |  |  |  | | --- | --- | --- | |  | a. | environmental influences are less important in the development of alcohol use disorder. | |  | b. | addictive drugs disrupt dopamine balance. | |  | c. | cultural expectations influence our experience of alcohol. | |  | d. | brain differences may make us vulnerable to particular drugs. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 355. One biological basis for addiction involves brain activity in the \_\_\_\_\_\_\_\_ reward system.   |  |  |  | | --- | --- | --- | |  | a. | sensory | |  | b. | dopamine | |  | c. | motor | |  | d. | melatonin |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 356. Research has documented a cultural influence on drug use, as indicated by   |  |  |  | | --- | --- | --- | |  | a. | drug users' feeling that life is meaningless and directionless. | |  | b. | heavy drug use among those suffering from depression. | |  | c. | drug use by identical twins. | |  | d. | the glamorization of drug use in music and movies. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 357. Girls with a history of eating disorders are at \_\_\_\_\_\_\_\_ risk for substance use. Those with a history of depression are at \_\_\_\_\_\_\_\_ risk for substance use.   |  |  |  | | --- | --- | --- | |  | a. | increased; decreased | |  | b. | decreased; increased | |  | c. | increased; increased | |  | d. | decreased; decreased  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 358. The biopsychosocial approach to disordered drug use includes all of the following influences on drug use EXCEPT \_\_\_\_\_\_\_\_ influences.   |  |  |  | | --- | --- | --- | |  | a. | inoculation | |  | b. | biological | |  | c. | psychological | |  | d. | social-cultural |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 359. Drug abuse may be related to biological, psychological, and social-cultural influences. Feeling that life is meaningless and directionless would be an example of a \_\_\_\_\_\_\_\_ influence.   |  |  |  | | --- | --- | --- | |  | a. | biological | |  | b. | psychological | |  | c. | social | |  | d. | cultural |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 360. Brianna is severely depressed and believes that her life is meaningless. This may be a precursor to   |  |  |  | | --- | --- | --- | |  | a. | disordered drug use. | |  | b. | heart disease. | |  | c. | the development of PTSD. | |  | d. | anxiety. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 361. Justine and her mother do not get along well and have had a problematic relationship since Justine was in her early teens. Now that Justine is in her twenties, she has begun using drugs. Her substance use may be related to her   |  |  |  | | --- | --- | --- | |  | a. | secure attachment to her mother. | |  | b. | relationship with her father. | |  | c. | relationships with friends and extended family. | |  | d. | insecure attachment to her mother. |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 362. Young teens are most likely to start smoking in order to   |  |  |  | | --- | --- | --- | |  | a. | gain social acceptance. | |  | b. | develop drug tolerance. | |  | c. | reduce their mental alertness. | |  | d. | reduce their blood pressure. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 363. Who is most likely to be addicted to alcohol or drugs?   |  |  |  | | --- | --- | --- | |  | a. | Marla, who is Baptist and active in her religion | |  | b. | Suan, who is Mormon and very active in his religion | |  | c. | Joshua, who is a practicing Orthodox Jew | |  | d. | Nina, who is Catholic but not very religiously involved |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 364. Fifteen-year-old Brittany is worried that her marijuana use has begun to interfere with school and work. To reduce her use of this drug Brittany should   |  |  |  | | --- | --- | --- | |  | a. | recognize that life is stressful and often beyond control. | |  | b. | be warned that marijuana interferes with female sexual functioning. | |  | c. | stop associating with friends who use marijuana. | |  | d. | recognize that drug use results from her own lack of social skills.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 365. Linir wants to make sure that his younger brother, Marcus, does not use drugs when he gets older. To help prevent his brother from using drugs, Linir might   |  |  |  | | --- | --- | --- | |  | a. | try to boost his brother’s self-esteem. | |  | b. | test Marcus with a difficult environment. | |  | c. | tease his brother. | |  | d. | use drugs around his brother. |  |  |  | | --- | --- | | *ANSWER:* | a | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 366. Which of the following is NOT a possible method of preventing and treating substance use and addiction?   |  |  |  | | --- | --- | --- | |  | a. | educating people about the effects of substance use | |  | b. | increasing people’s self-esteem | |  | c. | modifying peer association with substance use | |  | d. | making psychoactive drugs legal |  |  |  | | --- | --- | | *ANSWER:* | d | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 367. University students tend to \_\_\_\_\_\_\_\_ their peers' enthusiasm for alcohol and \_\_\_\_\_\_\_\_ their views of its risks.   |  |  |  | | --- | --- | --- | |  | a. | underestimate; overestimate | |  | b. | overestimate; underestimate | |  | c. | underestimate; underestimate | |  | d. | overestimate; overestimate |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 368. Training young people in drug refusal skills is a tactic that is most clearly designed to “inoculate” them against   |  |  |  | | --- | --- | --- | |  | a. | hallucinations. | |  | b. | peer pressure. | |  | c. | excess dopamine receptors. | |  | d. | painkilling neurotransmitters. |  |  |  | | --- | --- | | *ANSWER:* | b | |