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| 1. Prior to the twentieth century, psychology was considered to be the study of   |  |  |  | | --- | --- | --- | |  | a. | observable behavior. | |  | b. | evolutionary change. | |  | c. | states of consciousness. | |  | d. | parallel processing. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 2. Behaviorism encouraged psychologists to ignore the study of   |  |  |  | | --- | --- | --- | |  | a. | the visual action track. | |  | b. | consciousness. | |  | c. | socialization. | |  | d. | cortical activation patterns. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 3. The psychological term for mental processes is   |  |  |  | | --- | --- | --- | |  | a. | consciousness. | |  | b. | cognition. | |  | c. | behaviorism. | |  | d. | mental state. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 4. The reemergence of psychology's concern with consciousness after 1960 is best illustrated by efforts to   |  |  |  | | --- | --- | --- | |  | a. | define psychology as a behavioral science. | |  | b. | demonstrate that humans lack free will. | |  | c. | liken consciousness to a car's speedometer. | |  | d. | identify the brain activity associated with different mental states. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 5. Our subjective awareness of ourselves and our environment is called   |  |  |  | | --- | --- | --- | |  | a. | parallel processing. | |  | b. | a visual action track. | |  | c. | consciousness. | |  | d. | dual processing. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 6. Conscious awareness helps us make sense of our sensations, emotions, and choices, demonstrating that consciousness helps us   |  |  |  | | --- | --- | --- | |  | a. | make sense of our life. | |  | b. | identify automatic processes. | |  | c. | focus our attention. | |  | d. | set and achieve goals. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 7. Delilah is learning to drive a car for the first time. What can we say about Delilah’s conscious awareness?   |  |  |  | | --- | --- | --- | |  | a. | Her conscious awareness will focus her attention as she learns, but over time, driving will become semi-automatic. | |  | b. | She will likely flit between multiple states of consciousness as she learns. | |  | c. | The car and the road will trigger weaker visual cortex activity that quickly fades. | |  | d. | Inattentional blindness will make Delilah prone to traffic accidents. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 8. The ability to focus her attention on her foot movements during soccer practice enabled Elena to learn more effective skills for kicking the ball into the net. This best illustrates the value of   |  |  |  | | --- | --- | --- | |  | a. | the cocktail party effect. | |  | b. | blindsight. | |  | c. | inattentional blindness. | |  | d. | consciousness.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 9. The ability to focus attention on his arm and shoulder movements during batting practice enabled Theo to learn more effective skills for hitting the ball out of the park. This best illustrates the value of   |  |  |  | | --- | --- | --- | |  | a. | hypnagogic sensations. | |  | b. | REM rebound. | |  | c. | the circadian rhythm. | |  | d. | consciousness. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 10. States of consciousness are NOT   |  |  |  | | --- | --- | --- | |  | a. | physiologically induced. | |  | b. | psychologically induced. | |  | c. | methodologically induced. | |  | d. | spontaneously occurring. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 11. Carolina, who just turned 50, is thinking about what she has accomplished in her life and her goals for the future. This ability is an aspect of her   |  |  |  | | --- | --- | --- | |  | a. | inattentional blindness. | |  | b. | change blindness. | |  | c. | consciousness. | |  | d. | dual processing. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 12. The interdisciplinary study of brain activity linked with our mental processes is known as   |  |  |  | | --- | --- | --- | |  | a. | behaviorism. | |  | b. | behavior genetics. | |  | c. | cognitive neuroscience. | |  | d. | neurology. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 13. Professor Cortez studies how the activity within specific brain regions contributes to the formation and storage of memories. Her work best illustrates the subfield of   |  |  |  | | --- | --- | --- | |  | a. | personality psychology. | |  | b. | behavior genetics. | |  | c. | cognitive neuroscience. | |  | d. | evolutionary psychology.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 14. \_\_\_\_\_\_\_\_ arises from synchronized activity across the brain.   |  |  |  | | --- | --- | --- | |  | a. | Parallel processing | |  | b. | Inattentional blindness | |  | c. | Sequential processing | |  | d. | Consciousness |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 15. When asked to imagine playing tennis, a hospitalized woman who showed no outward signs of conscious awareness exhibited \_\_\_\_\_\_\_\_ that was similar to that exhibited by a healthy person.   |  |  |  | | --- | --- | --- | |  | a. | dual processing | |  | b. | blindsight | |  | c. | brain activity | |  | d. | change blindness |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 16. According to one theory, \_\_\_\_\_\_\_\_ results when a super network known as the “cerebral workspace” distributes information to and from other brain networks.   |  |  |  | | --- | --- | --- | |  | a. | blindsight | |  | b. | selective attention | |  | c. | consciousness | |  | d. | synchronization |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 17. Selective attention refers to   |  |  |  | | --- | --- | --- | |  | a. | our subjective awareness of ourselves and our environment. | |  | b. | the simultaneous processing of separate conscious and unconscious information. | |  | c. | failing to notice changes in the environment. | |  | d. | focusing conscious awareness on a particular stimulus. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 18. Samia is carefully reading her psychology lecture notes to prepare for an exam tomorrow morning. This focusing of conscious awareness is referred to as   |  |  |  | | --- | --- | --- | |  | a. | blindsight. | |  | b. | dual processing. | |  | c. | change blindness. | |  | d. | selective attention. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 19. You suddenly become conscious that your own nose is in your line of vision when this is pointed out to you. This best illustrates the impact of   |  |  |  | | --- | --- | --- | |  | a. | consciousness. | |  | b. | change blindness. | |  | c. | blindsight. | |  | d. | selective attention. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 20. Becky was so preoccupied with her boyfriend’s good looks that she failed to perceive any of his negative qualities. This best illustrates an unfortunate consequence of   |  |  |  | | --- | --- | --- | |  | a. | sequential processing. | |  | b. | selective attention. | |  | c. | blindsight. | |  | d. | change blindness.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 21. The ability to pay attention to only one voice at a time is called   |  |  |  | | --- | --- | --- | |  | a. | single processing. | |  | b. | change blindness. | |  | c. | dual processing. | |  | d. | the cocktail party effect. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 22. Selective attention is best illustrated by   |  |  |  | | --- | --- | --- | |  | a. | blindsight. | |  | b. | parallel processing. | |  | c. | a visual action track. | |  | d. | the cocktail party effect. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 23. Because she was checking her messages on Facebook, Mrs. Stevens failed to perceive a word her husband was saying. Her experience best illustrates   |  |  |  | | --- | --- | --- | |  | a. | change blindness. | |  | b. | blindsight. | |  | c. | dual processing. | |  | d. | the cocktail party effect.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 24. In 2009, two pilots who were focused on their laptops and conversation overflew their destination by 150 miles, even missing air traffic controllers' attempts to warn them. What may have explained this potentially dangerous error?   |  |  |  | | --- | --- | --- | |  | a. | selective attention | |  | b. | consciousness | |  | c. | inattentional blindness | |  | d. | change blindness |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 25. When a driver attends to a conversation, activity in the brain areas vital to driving \_\_\_\_\_\_\_\_. A study that focused video cams on teen drivers found that a \_\_\_\_\_\_\_\_ of crashes followed driver distraction from other passengers or phones.   |  |  |  | | --- | --- | --- | |  | a. | increases; majority | |  | b. | decreases; minority | |  | c. | increases; minority | |  | d. | decreases; majority |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 26. According to the CDC, each day distracted driving kills about \_\_\_\_\_\_\_\_ Americans.   |  |  |  | | --- | --- | --- | |  | a. | 4 | |  | b. | 9 | |  | c. | 15 | |  | d. | 20 |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 27. Lauren is driving to the movies with a group of friends. During the ride, everyone is talking, listening to music, and posting photos to social media. Based on research, activity in brain areas that are vital for driving has decreased about \_\_\_\_\_\_\_\_ percent for Lauren.   |  |  |  | | --- | --- | --- | |  | a. | 14 | |  | b. | 25 | |  | c. | 37 | |  | d. | 72 |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 28. Gustavo was driving on the interstate when he heard his phone ping to indicate he had a received a text message. He immediately picked up the phone to check the message. The chances of Gustavo being involved in a collision has now increased   |  |  |  | | --- | --- | --- | |  | a. | 1.6 times. | |  | b. | 4 times. | |  | c. | 23 times. | |  | d. | 32 times.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 29. Long-haul truck drivers are at a much-greater-than-normal risk of a collision if texting while driving. This best illustrates the impact of   |  |  |  | | --- | --- | --- | |  | a. | change blindness. | |  | b. | blindsight. | |  | c. | selective attention. | |  | d. | the cocktail party effect. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 30. Inattentional blindness refers to   |  |  |  | | --- | --- | --- | |  | a. | the loss of self-awareness when one is mentally absorbed in a challenging task. | |  | b. | a condition in which a person can respond to a visual stimulus without consciously experiencing it. | |  | c. | failing to see visible objects when our attention is directed elsewhere. | |  | d. | the simultaneous processing of information on separate conscious and unconscious tracks. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 31. Researchers had an assistant dress up in a gorilla suit and move through a swirl of basketball players while pounding his chest. What happened?   |  |  |  | | --- | --- | --- | |  | a. | All of the viewers noticed the assistant. | |  | b. | None of the viewers noticed the assistant. | |  | c. | Half the viewers said did not notice the assistant. | |  | d. | Sixty percent of the viewers did not notice the assistant. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 32. Standing in line to enter a movie theater, Jeremy was concentrating on a Twitter conversation. As a result, he failed to see that the cashier was clearly being robbed by a person just in front of him. Jeremy experienced   |  |  |  | | --- | --- | --- | |  | a. | the cocktail party effect. | |  | b. | inattentional blindness. | |  | c. | blindsight. | |  | d. | change blindness.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 33. David is currently working on an assignment for his psychology class. His roommate is in the same room making breakfast and brewing coffee. When his roommate asks David if he would like some breakfast too, David replies “I will cook breakfast for us in a few minutes,” without realizing that his roommate has already done so. David’s behavior illustrates   |  |  |  | | --- | --- | --- | |  | a. | inattentional blindness. | |  | b. | the cocktail party effect. | |  | c. | change blindness. | |  | d. | dual processing. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 34. Inattentional blindness is best described as a by-product of   |  |  |  | | --- | --- | --- | |  | a. | blindsight. | |  | b. | sequential processing. | |  | c. | selective attention. | |  | d. | a visual action track. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 35. Failing to notice changes in our immediate surroundings is called   |  |  |  | | --- | --- | --- | |  | a. | the cocktail party effect. | |  | b. | consciousness. | |  | c. | dual processing. | |  | d. | change blindness. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 36. When Maggie turned around to find their server, her husband switched his glass of white wine with her glass of red wine. Maggie’s failure to notice that her chosen wine had been replaced best illustrates   |  |  |  | | --- | --- | --- | |  | a. | inattentional blindness. | |  | b. | parallel processing. | |  | c. | change blindness. | |  | d. | sequential processing. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 37. The principle of dual processing refers to   |  |  |  | | --- | --- | --- | |  | a. | failing to notice changes in the environment. | |  | b. | the simultaneous processing of information at both conscious and unconscious levels. | |  | c. | a condition in which a person can respond to a visual stimulus without consciously experiencing it. | |  | d. | processing one aspect of a stimulus at a time. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 38. A large amount of our mental activity occurs outside our awareness thanks to our capacity for   |  |  |  | | --- | --- | --- | |  | a. | sequential processing. | |  | b. | change blindness. | |  | c. | synchronized activity across the brain. | |  | d. | dual processing. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 39. The two-track mind operates on two levels. A conscious “high road” is said to be \_\_\_\_\_\_\_\_. An unconscious “low road” is said to be \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | automatic and intuitive; deliberate and reflective | |  | b. | deliberate and reflective; automatic and intuitive | |  | c. | automatic and reflective; deliberate and intuitive | |  | d. | deliberate and intuitive; automatic and reflective |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 40. Clara’s decision to hire Lori as salesperson was simultaneously influenced by unconscious feelings about Lori’s good looks and by a conscious consideration of her reported work history. This best illustrates the impact of   |  |  |  | | --- | --- | --- | |  | a. | blindsight. | |  | b. | dual processing. | |  | c. | change blindness. | |  | d. | inattentional blindness.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 41. A person is able to accurately point to the current location of certain moving objects that she is unable to consciously see. This best illustrates   |  |  |  | | --- | --- | --- | |  | a. | inattentional blindness. | |  | b. | change blindness. | |  | c. | selective attention. | |  | d. | blindsight. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 42. Damage to the brain's visual perception track without any damage to the brain's visual action track is associated with a condition known as   |  |  |  | | --- | --- | --- | |  | a. | selective attention. | |  | b. | blindsight. | |  | c. | parallel processing. | |  | d. | change blindness. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 43. The experience of blindsight in some people who have experienced brain damage best illustrates our human capacity for   |  |  |  | | --- | --- | --- | |  | a. | change blindness. | |  | b. | dual processing. | |  | c. | inattentional blindness. | |  | d. | selective attention. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 44. A visual perception track enables most people to recognize objects at nearly the same time that a visual action track enables them to avoid bumping into the objects. This best illustrates   |  |  |  | | --- | --- | --- | |  | a. | sequential processing. | |  | b. | change blindness. | |  | c. | dual processing. | |  | d. | blindsight. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 45. Five-year-old Amy is being tested for developmental delays. Her pediatrician holds up a drawing of a cat and asks Amy to identify the animal. What will help Amy to complete this task?   |  |  |  | | --- | --- | --- | |  | a. | visual perception track | |  | b. | visual action track | |  | c. | blindsight | |  | d. | parallel processing |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 46. Doug is playing a virtual reality game online. What will help him interact with objects in the virtual environment?   |  |  |  | | --- | --- | --- | |  | a. | visual perception track | |  | b. | visual action track | |  | c. | blindsight | |  | d. | parallel processing |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 47. Memory expert Eric Kandel has suggested that roughly \_\_\_\_\_\_\_\_ percent of what we do is unconscious.   |  |  |  | | --- | --- | --- | |  | a. | 40 to 60 | |  | b. | 50 | |  | c. | 70 to 80 | |  | d. | 80 to 90 |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 48. Eric, a recruiter, believes that he is a fair-minded and unprejudiced person. At Eric’s annual review, however, his boss rebukes him for privileging White male job candidates, whom Eric places in the best positions even when they are significantly less qualified. This illustrates the principle that   |  |  |  | | --- | --- | --- | |  | a. | conscious awareness allows us to exert voluntary control over our lives. | |  | b. | we think more deliberately than we realize. | |  | c. | when careful thought conflicts with our desires, we may be motivated to avoid thinking. | |  | d. | sometimes our unconscious biases do not match our conscious beliefs.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 49. Parallel processing refers to   |  |  |  | | --- | --- | --- | |  | a. | responding to a visual stimulus without consciously experiencing it. | |  | b. | processing information in an orderly sequence. | |  | c. | linking brain activity with conscious awareness. | |  | d. | processing many aspects of a problem simultaneously. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 50. Parallel processing tends to be both \_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_ conscious than sequential processing.   |  |  |  | | --- | --- | --- | |  | a. | slower; less | |  | b. | faster; more | |  | c. | slower; more | |  | d. | faster; less |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 51. Simultaneously assessing the aroma, flavor, and temperature of the coffee you are drinking best illustrates   |  |  |  | | --- | --- | --- | |  | a. | blindsight. | |  | b. | inattentional blindness. | |  | c. | parallel processing. | |  | d. | the cocktail party effect.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 52. Mark is having tomato soup and grilled cheese for dinner. His ability to simultaneously smell the aroma of the soup, feel its hotness, and taste its flavor illustrates   |  |  |  | | --- | --- | --- | |  | a. | blindsight. | |  | b. | inattentional blindness. | |  | c. | parallel processing. | |  | d. | the cocktail party effect.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 53. Unconscious information processing is more likely than conscious processing to   |  |  |  | | --- | --- | --- | |  | a. | occur slowly. | |  | b. | be limited in capacity. | |  | c. | contribute to effective problem solving. | |  | d. | process many aspects of a problem simultaneously. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 54. Consciously focusing on one aspect of a problem at a time is called   |  |  |  | | --- | --- | --- | |  | a. | selective attention. | |  | b. | sequential processing. | |  | c. | parallel processing. | |  | d. | blindsight. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 55. Linda correctly spells the word “difficult” by focusing on one sound of the word at a time. Her spelling strategy best illustrates   |  |  |  | | --- | --- | --- | |  | a. | the two-track mind. | |  | b. | blindsight. | |  | c. | selective attention. | |  | d. | sequential processing. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 56. Consciousness is most important for solving problems that   |  |  |  | | --- | --- | --- | |  | a. | depend on information processing. | |  | b. | require physical coordination skills. | |  | c. | have been learned through repeated practice. | |  | d. | are new and difficult. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 57. Jennie, who is taking advanced algebra, is working on a difficult problem set. This requires   |  |  |  | | --- | --- | --- | |  | a. | sequential processing. | |  | b. | parallel processing. | |  | c. | dual processing. | |  | d. | blindsight processing. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 58. Fifteen-year-old Trudy is learning how to ride a motorcycle. Because this is something new to her, it will require   |  |  |  | | --- | --- | --- | |  | a. | sequential processing. | |  | b. | parallel processing. | |  | c. | dual processing. | |  | d. | blindsight processing. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 59. *Sleep* is best defined as   |  |  |  | | --- | --- | --- | |  | a. | a pattern of biological functioning that occurs on a roughly 24-hour cycle. | |  | b. | a periodic natural loss of consciousness that involves distinct stages. | |  | c. | a state of hibernation or general anesthesia. | |  | d. | episodes of fast and jerky eye movements accompanied by frequent muscle spasms. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 60. Which of the following statements is true?   |  |  |  | | --- | --- | --- | |  | a. | Marla often sleepwalks. She is acting out her dreams. | |  | b. | Juan suffers from insomnia. A sleep expert has recommended that he take the occasional sleeping pill to get rest. | |  | c. | Betsy dreamed of playing soccer and kicked her husband all night in her sleep. | |  | d. | Margaret woke up when her baby began to cry. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 61. Research on sleep and dreaming fails to confirm that   |  |  |  | | --- | --- | --- | |  | a. | the use of sleeping pills reduces REM sleep. | |  | b. | increased genital arousal accompanies dreaming regardless of whether the dream's content is sexual. | |  | c. | when dreaming of performing an activity, our limbs move in concert with the dream. | |  | d. | N3 sleep periods become shorter as we progress through a full night of sleep. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 62. The pattern of biological functioning that occurs on a roughly 24-hour cycle is called the   |  |  |  | | --- | --- | --- | |  | a. | REM rebound. | |  | b. | circadian rhythm. | |  | c. | alpha wave pattern. | |  | d. | hypnagogic sensation. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 63. The impact of circadian rhythms is best illustrated by   |  |  |  | | --- | --- | --- | |  | a. | the differing musical preferences of younger and older persons. | |  | b. | fluctuations in energy level and alertness across the span of a day. | |  | c. | the different study habits of men and women. | |  | d. | the different personalities of people born during different months of the year. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 64. Human body temperatures typically   |  |  |  | | --- | --- | --- | |  | a. | rise with the approach of morning and fall with the approach of night. | |  | b. | rise with the approach of night and fall with the approach of morning. | |  | c. | rise with the approach of N1 sleep and fall with the approach of REM sleep. | |  | d. | rise with the approach of REM sleep and fall with the approach of N1 sleep. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 65. Thinking and memory improve as people approach their daily peak in   |  |  |  | | --- | --- | --- | |  | a. | melatonin secretion. | |  | b. | circadian arousal. | |  | c. | REM rebound. | |  | d. | hypnagogic sensations.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 66. Eighteen-year-old Claudia prefers to write her reports for school in the late afternoon rather than during the morning, because her energy level and ability to concentrate are better at that time. Her experience most likely reflects the influence of the   |  |  |  | | --- | --- | --- | |  | a. | REM rebound. | |  | b. | SCN. | |  | c. | circadian rhythm. | |  | d. | hypnagogic state.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 67. Nicole is a morning person, and Sherilyn is a “night owl.” As compared with Sherilyn, Nicole is more likely to perform \_\_\_\_\_\_\_\_ in school and is \_\_\_\_\_\_\_\_ vulnerable to depression.   |  |  |  | | --- | --- | --- | |  | a. | worse; more | |  | b. | better; less | |  | c. | worse; less | |  | d. | better; more  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 68. After about age \_\_\_\_\_\_\_\_, or slightly earlier for women, people begin to shift from being night-loving owls to being morning-loving larks.   |  |  |  | | --- | --- | --- | |  | a. | 2 | |  | b. | 10 | |  | c. | 20 | |  | d. | 50 |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 69. When people are experiencing vivid dreams   |  |  |  | | --- | --- | --- | |  | a. | their body often moves in accordance with what they dream. | |  | b. | their eyes are likely to move under their closed eyelids. | |  | c. | they are more likely to emit sleep spindles than during any other stage of sleep. | |  | d. | their slow brain-wave patterns indicate that they are deeply asleep. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 70. The relatively slow alpha waves are characteristic of   |  |  |  | | --- | --- | --- | |  | a. | a relaxed, awake state. | |  | b. | the beginning of a dream. | |  | c. | deep sleep. | |  | d. | the stage during which memory processing occurs. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 71. N1 sleep is characterized by   |  |  |  | | --- | --- | --- | |  | a. | deep relaxation and sleep spindles. | |  | b. | slowed breathing and irregular brain waves. | |  | c. | large, slow delta waves. | |  | d. | rapid brain waves and increased heart rate. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 72. Which brief sleep stage may involve the experience of hallucinations and hypnagogic sensations?   |  |  |  | | --- | --- | --- | |  | a. | N1 | |  | b. | N2 | |  | c. | N3 | |  | d. | REM |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 73. During N1 sleep, people may experience fantastic images that resemble   |  |  |  | | --- | --- | --- | |  | a. | delta waves. | |  | b. | hallucinations. | |  | c. | latent content. | |  | d. | sleep spindles. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 74. Hallucinations are defined as   |  |  |  | | --- | --- | --- | |  | a. | high arousal during the late stages of sleep. | |  | b. | erratic circadian rhythms. | |  | c. | sleep spindles characteristic of N2 sleep. | |  | d. | sensory experiences that occur without an external sensory stimulus. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 75. N1 sleep is likely to be associated with   |  |  |  | | --- | --- | --- | |  | a. | genital arousal. | |  | b. | delta waves. | |  | c. | night terrors. | |  | d. | hypnagogic sensations. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 76. During N1 sleep, Maxine felt like she was floating weightlessly. Her experience best illustrates   |  |  |  | | --- | --- | --- | |  | a. | narcolepsy. | |  | b. | REM rebound. | |  | c. | night terrors. | |  | d. | hypnagogic sensations.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 77. Sleep spindles are characteristic of \_\_\_\_\_\_\_\_ sleep.   |  |  |  | | --- | --- | --- | |  | a. | N1 | |  | b. | N2 | |  | c. | N3 | |  | d. | REM |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 78. Kevin is currently asleep and has bursts of rapid, rhythmic brain-wave activity. He could be awakened easily right now. Kevin is in the \_\_\_\_\_\_\_\_ stage of sleep.   |  |  |  | | --- | --- | --- | |  | a. | N1 | |  | b. | N2 | |  | c. | N3 | |  | d. | REM |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 79. The large, slow brain waves associated with N3 sleep are called   |  |  |  | | --- | --- | --- | |  | a. | alpha waves. | |  | b. | beta waves. | |  | c. | sleep spindles. | |  | d. | delta waves. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 80. During which sleep stage does your brain emit large, slow delta waves?   |  |  |  | | --- | --- | --- | |  | a. | N1 | |  | b. | N2 | |  | c. | N3 | |  | d. | REM |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 81. Which of the following is most likely to be associated with slow-wave sleep?   |  |  |  | | --- | --- | --- | |  | a. | bed-wetting | |  | b. | sleep spindles | |  | c. | hallucinations | |  | d. | genital arousal |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 82. Compared with alpha and beta waves, delta waves are   |  |  |  | | --- | --- | --- | |  | a. | slower and smaller. | |  | b. | faster and larger. | |  | c. | slower and larger. | |  | d. | faster and smaller. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 83. N2 sleep is to \_\_\_\_\_\_\_\_ as N3 sleep is to \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | alpha waves; sleep spindles | |  | b. | sleep spindles; delta waves | |  | c. | delta waves; alpha waves | |  | d. | alpha waves; rapid eye movements  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 84. Which of the following indicates that a person is dreaming?   |  |  |  | | --- | --- | --- | |  | a. | increased temperature | |  | b. | eye movements | |  | c. | sleep paralysis | |  | d. | rapid heartbeat |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 85. After Jon had been asleep for 90 minutes, his heartbeat accelerated, his breathing became fast and irregular, and his closed eyes began to dart back and forth. Jon was most likely experiencing   |  |  |  | | --- | --- | --- | |  | a. | N3 sleep. | |  | b. | sleep apnea. | |  | c. | narcolepsy. | |  | d. | REM sleep. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 86. Which of the following typically occur(s) during REM sleep?   |  |  |  | | --- | --- | --- | |  | a. | night terrors | |  | b. | genital arousal | |  | c. | bed-wetting | |  | d. | muscular tension |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 87. Which of the following is NOT characteristic of REM sleep?   |  |  |  | | --- | --- | --- | |  | a. | Heart and breathing rates increase. | |  | b. | The eyes move rapidly under closed lids. | |  | c. | Brain waves become more rapid. | |  | d. | Voluntary muscles tense and become more active. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 88. Larry is sleeping and is essentially paralyzed. He is currently experiencing \_\_\_\_\_\_\_\_ sleep.   |  |  |  | | --- | --- | --- | |  | a. | N1 | |  | b. | N2 | |  | c. | N3 | |  | d. | paradoxical |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 89. Paradoxical sleep is to slow-wave sleep as \_\_\_\_\_\_\_\_ sleep is to \_\_\_\_\_\_\_\_ sleep.   |  |  |  | | --- | --- | --- | |  | a. | N1; REM | |  | b. | REM; N2 | |  | c. | N2; REM | |  | d. | REM; N3 |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 90. Ana insists that she never dreams. Her roommate Alyssa, who is taking introductory psychology, knows this isn’t true. To prove to Ana that she does dream, Alyssa could   |  |  |  | | --- | --- | --- | |  | a. | feed Ana lots of rich food just before bedtime. | |  | b. | make an all-night audio recording of the sounds Ana makes while sleeping. | |  | c. | wake Ana after she has been asleep for about 5 minutes and ask her what she's dreaming. | |  | d. | wake Ana during REM sleep and ask her what she's dreaming. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 91. Frederico, who is 20, has been asleep for several hours. As he continues to sleep, we can expect that   |  |  |  | | --- | --- | --- | |  | a. | N2 sleep will diminish and that N1 sleep will increase in duration. | |  | b. | N3 sleep will diminish and that N1 sleep will increase in duration. | |  | c. | N3 sleep will diminish and that REM sleep will increase in duration. | |  | d. | REM sleep will diminish and that N3 sleep will increase in duration. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 92. In a typical full night of sleep, you will spend 20 to 25 percent in   |  |  |  | | --- | --- | --- | |  | a. | N1 sleep. | |  | b. | N2 sleep. | |  | c. | N3 sleep. | |  | d. | REM sleep. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 93. Research on sleep patterns indicates that   |  |  |  | | --- | --- | --- | |  | a. | older adults and newborns have very similar sleep patterns. | |  | b. | different sleep patterns reflect differences in latent dream content. | |  | c. | everyone needs a minimum of 8 hours of sleep per night to function well. | |  | d. | sleep patterns are genetically and culturally influenced. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 94. Which of the following people requires the most sleep each day?   |  |  |  | | --- | --- | --- | |  | a. | Eugene, an 80-year-old man | |  | b. | Brenda, a 50-year-old woman | |  | c. | Marco, a 10-year-old boy | |  | d. | Suan, an infant boy |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 95. Abigail has always been a morning person. She is most productive in the morning and early afternoon. Interestingly, researchers   |  |  |  | | --- | --- | --- | |  | a. | are perplexed as to what causes someone to be a morning person. | |  | b. | have identified genes associated with being a morning person. | |  | c. | have been unable to identify any genetic factors related to being a morning person. | |  | d. | have concluded that environmental factors alone are related to being a morning person. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 96. Trevor is struggling financially and may not be able to pay his rent or electric bill this month. With this, he is also likely to   |  |  |  | | --- | --- | --- | |  | a. | experience sleep difficulties. | |  | b. | be a morning person. | |  | c. | be energized. | |  | d. | experience increased well-being. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 97. Thanks to modern lighting, shift work, and social media diversions, many adults who would have gone to bed at 9:00 p.m. in days past are now up until 11:00 p.m. or later. This best illustrates the impact of \_\_\_\_\_\_\_\_ on sleep patterns.   |  |  |  | | --- | --- | --- | |  | a. | cognitive development | |  | b. | culture | |  | c. | high waking metabolism | |  | d. | latent content  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 98. The suprachiasmatic nucleus is a pair of cell clusters in the \_\_\_\_\_\_\_\_ that controls circadian rhythm.   |  |  |  | | --- | --- | --- | |  | a. | pineal gland | |  | b. | brainstem | |  | c. | motor cortex | |  | d. | hypothalamus |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 99. Which of the following is a sleep-inducing hormone?   |  |  |  | | --- | --- | --- | |  | a. | epinephrine | |  | b. | serotonin | |  | c. | norepinephrine | |  | d. | melatonin |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 100. When light strikes the retina, it signals the suprachiasmatic nucleus to suppress the production of \_\_\_\_\_\_\_\_by the pineal gland.   |  |  |  | | --- | --- | --- | |  | a. | melatonin | |  | b. | serotonin | |  | c. | acetylcholine | |  | d. | dopamine |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 101. Humans continuously exposed to bright light are most likely to experience a disruption of their   |  |  |  | | --- | --- | --- | |  | a. | narcolepsy. | |  | b. | sleep apnea. | |  | c. | alpha waves. | |  | d. | circadian rhythm. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 102. After having always worked days, Ronnie now works nights. His difficulty in falling asleep during the day is most likely due to a disruption of his normal   |  |  |  | | --- | --- | --- | |  | a. | circadian rhythm. | |  | b. | hypnagogic sensations. | |  | c. | alpha wave pattern. | |  | d. | sleep apnea.  ​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 103. Fatigue, stomach problems, heart disease, and, among women, breast cancer have been associated with a condition called   |  |  |  | | --- | --- | --- | |  | a. | narcolepsy. | |  | b. | paradoxical sleep. | |  | c. | circadian rhythm. | |  | d. | desynchronization. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 104. During the COVID-19 pandemic, Mai endured months of quarantine in her basement apartment with very little exposure to sunlight. Her sister Mayumi, a nurse, worked frequent night shifts caring for patients with the virus. Both Mai and Mayumi likely experienced disruptions to their   |  |  |  | | --- | --- | --- | |  | a. | genetically influenced sleep patterns. | |  | b. | paradoxical sleep. | |  | c. | REM rebound. | |  | d. | 24-hour biological clock. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 105. Andrei works nights as an emergency room nurse. Because he has experienced desynchronization, he is at an increased risk for all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | stomach problems. | |  | b. | heart disease. | |  | c. | fatigue. | |  | d. | paradoxical sleep. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 106. Joshua is in high school and has developed the habit of playing games on his cell phone in his bed at night before trying to go to sleep. This is likely to lead to   |  |  |  | | --- | --- | --- | |  | a. | sleep difficulties. | |  | b. | him being a morning person. | |  | c. | increased energy. | |  | d. | increased well-being. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 107. Erika just flew from the United States to Europe and is experiencing jet lag. What can help reset her biological clock?   |  |  |  | | --- | --- | --- | |  | a. | traveling on Monday | |  | b. | staying up all night | |  | c. | traveling on a weekend | |  | d. | spending the next day outside |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 108. Animals with the \_\_\_\_\_\_\_\_ need to graze and the \_\_\_\_\_\_\_\_ ability to hide from danger tend to sleep less.   |  |  |  | | --- | --- | --- | |  | a. | most; most | |  | b. | least; least | |  | c. | most; least | |  | d. | least; most |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 109. Molecules that are toxic to neurons are called   |  |  |  | | --- | --- | --- | |  | a. | melatonin. | |  | b. | desynchronizers. | |  | c. | circadians. | |  | d. | free radicals. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 110. Sleep \_\_\_\_\_\_\_\_ our memories by replaying recent learning and by strengthening neural connections.   |  |  |  | | --- | --- | --- | |  | a. | consolidates | |  | b. | reorganizes | |  | c. | repairs | |  | d. | strengthens |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 111. Logan has an exam tomorrow and is studying before going to bed. According to one theory of why we sleep, it can be expected that Logan’s memories will be \_\_\_\_\_\_\_\_ while he is sleeping.   |  |  |  | | --- | --- | --- | |  | a. | consolidated | |  | b. | repressed | |  | c. | erased | |  | d. | condensed |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 112. Ned needs to remember the procedures he is supposed to follow to perform his new job correctly. His memory of the information is most likely to be facilitated by   |  |  |  | | --- | --- | --- | |  | a. | a good night’s sleep. | |  | b. | hypnagogic sensations. | |  | c. | EEG recordings. | |  | d. | sleep apnea. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 113. Among older adults, more frequently disrupted sleep also disrupts   |  |  |  | | --- | --- | --- | |  | a. | memory consolidation. | |  | b. | REM rebound. | |  | c. | the production of free radicals. | |  | d. | night terrors. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 114. After completing a full night of sleep, people are most likely to   |  |  |  | | --- | --- | --- | |  | a. | experience REM rebound. | |  | b. | think more creatively. | |  | c. | show signs of sleep apnea. | |  | d. | demonstrate apathy and loss of energy. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 115. Luna is working on her first historical novel about the French Revolution. To help fuel her creative juices, she should   |  |  |  | | --- | --- | --- | |  | a. | get a good night’s sleep. | |  | b. | dream about relevant scenarios. | |  | c. | record her last waking thoughts. | |  | d. | take a sleeping pill. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 116. During \_\_\_\_\_\_\_\_ sleep, the pituitary gland releases a human growth hormone necessary for muscle development.   |  |  |  | | --- | --- | --- | |  | a. | slow-wave | |  | b. | paradoxical | |  | c. | N1 | |  | d. | restorative |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 117. Among athletes, more restful sleep enables all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | faster reaction times. | |  | b. | greater endurance. | |  | c. | improved energy. | |  | d. | greater free radical production. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 118. Riley is the center on her school’s basketball team. To ensure faster reaction times, more energy, and greater endurance, Riley should   |  |  |  | | --- | --- | --- | |  | a. | increase her REM sleep. | |  | b. | have a regular full night’s sleep. | |  | c. | limit the amount of paradoxical sleep during the night. | |  | d. | improve the concentration of sleep spindles during N2 sleep. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 119. Zach, who is 8 years old, has just fallen asleep. His pituitary gland is going to release human growth hormone during   |  |  |  | | --- | --- | --- | |  | a. | REM sleep. | |  | b. | slow-wave sleep. | |  | c. | N1 sleep. | |  | d. | N2 sleep. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 120. Pushing back school start times has been found to \_\_\_\_\_\_\_\_ adolescent car accidents and \_\_\_\_\_\_\_\_ adolescent school attendance.   |  |  |  | | --- | --- | --- | |  | a. | reduce; reduce | |  | b. | increase; reduce | |  | c. | increase; increase | |  | d. | reduce; increase |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 121. Marjorie is a new college student taking four classes and working part time. As a result, she is not getting enough sleep. She has been extremely moody lately and has been arguing a lot with her boyfriend. Her mood change may be related to   |  |  |  | | --- | --- | --- | |  | a. | sleep loss. | |  | b. | being in a relationship. | |  | c. | taking four classes. | |  | d. | working part time. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 122. In two large studies, adolescents who slept 5 or fewer hours a night experienced a   |  |  |  | | --- | --- | --- | |  | a. | decreased risk of depression. | |  | b. | slightly increased risk of depression. | |  | c. | more than tripled rate of depression. | |  | d. | more than doubled rate of depression. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 123. When allowed to sleep unhindered, most sleep-deprived adults will initially   |  |  |  | | --- | --- | --- | |  | a. | experience an increase in ghrelin production. | |  | b. | sleep at least 9 hours per night. | |  | c. | show signs of sleep apnea. | |  | d. | demonstrate apathy and loss of energy. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 124. Studies have found that adolescents who slept 5 or fewer hours a night experienced a higher risk of \_\_\_\_\_\_\_\_ than those who slept 8 hours or more a night.   |  |  |  | | --- | --- | --- | |  | a. | sleep apnea | |  | b. | depression | |  | c. | weight loss | |  | d. | all of these things |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 125. Chronic sleep debt is most likely to promote   |  |  |  | | --- | --- | --- | |  | a. | sleep apnea. | |  | b. | weight gain. | |  | c. | insomnia. | |  | d. | night terrors. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 126. Sleep deprivation \_\_\_\_\_\_\_\_ levels of the hormone ghrelin and \_\_\_\_\_\_\_\_ levels of the hormone leptin.   |  |  |  | | --- | --- | --- | |  | a. | increases; increases | |  | b. | decreases; decreases | |  | c. | increases; decreases | |  | d. | decreases; increases |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 127. Sleep deprivation increases levels of the stress hormone   |  |  |  | | --- | --- | --- | |  | a. | cortisol. | |  | b. | melatonin. | |  | c. | leptin. | |  | d. | serotonin. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 128. Darren is 40 years old and has suffered from lack of sleep since he reached adulthood. Of the following effects, which one is he NOT likely to experience?   |  |  |  | | --- | --- | --- | |  | a. | decreased ability to focus attention | |  | b. | increased risk of depression | |  | c. | decreased cortisol | |  | d. | decreased metabolic rate  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 129. A lack of sleep is associated with weight gain for all of the following reasons EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | an increase in ghrelin. | |  | b. | a decrease in leptin. | |  | c. | an increase in cortisol. | |  | d. | an increase in the metabolic rate. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 130. Samson has not slept well for more than 10 days. If this sleep deprivation continues, he will become increasingly susceptible to   |  |  |  | | --- | --- | --- | |  | a. | viral infections. | |  | b. | sleep apnea. | |  | c. | insomnia. | |  | d. | night terrors.  ​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 131. You always dread the spring time change because you know you will lose an hour of sleep. With this sleep loss comes   |  |  |  | | --- | --- | --- | |  | a. | decreased traffic accidents. | |  | b. | increased traffic accidents. | |  | c. | decreased violent crime. | |  | d. | increased violent crime. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 132. An increase in accident rates following the change to daylight saving time best illustrates the dangers of   |  |  |  | | --- | --- | --- | |  | a. | narcolepsy. | |  | b. | sleep apnea. | |  | c. | REM rebound. | |  | d. | sleep deprivation. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 133. In a New York-area commuter train crash that injured 100 people and killed one bystander, the engineer suffered from   |  |  |  | | --- | --- | --- | |  | a. | insomnia. | |  | b. | narcolepsy. | |  | c. | sleep apnea. | |  | d. | night terrors. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 134. Bryson frequently has a difficult time falling asleep at night. Which of the following is a natural sleep aid that might help him?   |  |  |  | | --- | --- | --- | |  | a. | drink coffee an hour before bed | |  | b. | drink alcohol each evening before bed | |  | c. | set a consistent schedule for bedtime | |  | d. | take prescribed sleeping pills |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 135. Which of the following suggestions would improve sleep hygiene?   |  |  |  | | --- | --- | --- | |  | a. | Rise at the same time each day, even after a restless night. | |  | b. | Exercise in the late evening to induce fatigue. | |  | c. | Nap when sleep-deprived to avoid a sleep debt. | |  | d. | Eat dinner closer to bedtime to avoid being awakened by hunger. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 136. Insomnia is a disorder involving   |  |  |  | | --- | --- | --- | |  | a. | the excessive use of sleeping pills or other drugs that induce sleep. | |  | b. | recurring difficulty in falling or staying asleep. | |  | c. | the cessation of breathing during sleep. | |  | d. | uncontrollable attacks of overwhelming sleepiness. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 137. It’s the night before Anita’s audition for music school, and she is having trouble sleeping. Which of the following might help her to drift off?   |  |  |  | | --- | --- | --- | |  | a. | thinking about a vacation she’s looking forward to taking | |  | b. | regularly checking the time | |  | c. | exercising to induce fatigue | |  | d. | briefly exposing herself to bright light to reset her circadian rhythm |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 138. Seventy-year-old Mrs. Thomas occasionally doesn’t fall asleep right away but she typically gets about 7 hours of sleep every 24 hours. What should she do about this?   |  |  |  | | --- | --- | --- | |  | a. | take a sleeping pill every night | |  | b. | sleep with the bedroom lights on | |  | c. | drink an alcoholic beverage before bedtime | |  | d. | relax and remind herself that her sleep patterns are normal  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 139. The disorder involving uncontrollable attacks of overwhelming sleepiness is known as   |  |  |  | | --- | --- | --- | |  | a. | narcolepsy. | |  | b. | insomnia. | |  | c. | sleep apnea. | |  | d. | paradoxical sleep. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 140. It would be most problematic for an air-traffic controller to suffer from the sleep disorder called   |  |  |  | | --- | --- | --- | |  | a. | night terrors. | |  | b. | insomnia. | |  | c. | sleepwalking. | |  | d. | narcolepsy.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 141. Sleep apnea is a disorder involving   |  |  |  | | --- | --- | --- | |  | a. | temporary cessations of breathing during sleep. | |  | b. | periodic uncontrollable attacks of overwhelming sleepiness. | |  | c. | hypnagogic sensations of falling or floating weightlessly. | |  | d. | the excessive use of sleeping pills or other sleep-inducing drugs. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 142. Mr. Chang often stops breathing while sleeping and repeatedly awakens momentarily. Lately, he has felt increasingly fatigued and depressed. Mr. Chang likely suffers from   |  |  |  | | --- | --- | --- | |  | a. | sleep apnea. | |  | b. | narcolepsy. | |  | c. | insomnia. | |  | d. | night terrors. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 143. Sleepwalking typically occurs during   |  |  |  | | --- | --- | --- | |  | a. | N1 sleep. | |  | b. | N2 sleep. | |  | c. | N3 sleep. | |  | d. | REM sleep. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 144. Sleeptalking may occur during   |  |  |  | | --- | --- | --- | |  | a. | N1 sleep. | |  | b. | N2 sleep. | |  | c. | REM sleep. | |  | d. | any stage of sleep. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 145. Sleepwalking and sleeptalking are most likely to be experienced during   |  |  |  | | --- | --- | --- | |  | a. | childhood. | |  | b. | adolescence. | |  | c. | young adulthood. | |  | d. | old age. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 146. About an hour after falling asleep, Chris often gets out of bed and starts to walk around looking terrified. The next morning, he remembers nothing. It appears that Chris suffers from   |  |  |  | | --- | --- | --- | |  | a. | night terrors. | |  | b. | narcolepsy. | |  | c. | sleep spindles. | |  | d. | sleep apnea.  ​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 147. Which sleep disorder is more likely to be experienced by children than by adults?   |  |  |  | | --- | --- | --- | |  | a. | narcolepsy | |  | b. | sleep apnea | |  | c. | night terrors | |  | d. | insomnia |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 148. Mr. Willem has insomnia and believes that taking a sleeping pill just before bedtime will solve his sleep problem. Research suggests that this practice   |  |  |  | | --- | --- | --- | |  | a. | may actually aggravate Mr. Willem’s sleeping difficulties. | |  | b. | may help Mr. Willem permanently overcome his insomnia. | |  | c. | has probably increased Mr. Willem’s REM sleep. | |  | d. | may make Mr. Willem more vulnerable to sleep apnea.  ​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 149. Sequences of images notable for being vivid, emotional, and often bizarre are most likely to be associated with   |  |  |  | | --- | --- | --- | |  | a. | sleep apnea. | |  | b. | REM sleep. | |  | c. | sleepwalking. | |  | d. | high waking metabolism. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 150. While Steven sleeps, various images and thoughts pass through his mind. These images are an example of   |  |  |  | | --- | --- | --- | |  | a. | a dream. | |  | b. | latent content. | |  | c. | a memory. | |  | d. | REM rebound. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 151. For both men and women, the \_\_\_\_\_\_\_\_ of dreams include an unpleasant event or emotion and the \_\_\_\_\_\_\_\_ of dreams involve sexual imagery.   |  |  |  | | --- | --- | --- | |  | a. | minority; minority | |  | b. | majority; majority | |  | c. | minority; majority | |  | d. | majority; minority |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 152. After suffering a trauma, people commonly report an increase in   |  |  |  | | --- | --- | --- | |  | a. | sleep apnea. | |  | b. | narcolepsy. | |  | c. | threatening dreams. | |  | d. | sleepwalking. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 153. Who is more likely to dream about music?   |  |  |  | | --- | --- | --- | |  | 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:* | b | |

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| 154. When dreamers' faces were lightly sprayed with cold water, they were more likely than other dreamers to experience   |  |  |  | | --- | --- | --- | |  | a. | sleep apnea. | |  | b. | hypnagogic sensations. | |  | c. | dreams about water. | |  | d. | paradoxical sleep. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 155. Who is most likely to have a dream containing sexual content?   |  |  |  | | --- | --- | --- | |  | a. | Sally, who watched a romantic comedy containing sexual scenes 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:* | a | |

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| 156. According to Freud, people dream in order to   |  |  |  | | --- | --- | --- | |  | a. | give expression to personally threatening drives and wishes. | |  | b. | prepare themselves for the challenges of the following day. | |  | c. | strengthen their memories of the preceding day's events. | |  | d. | accomplish all of these goals. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 157. According to Freud, the manifest content of a dream refers to the   |  |  |  | | --- | --- | --- | |  | a. | hypnagogic sensations preceding a dream. | |  | b. | rapid eye movements during a dream. | |  | c. | remembered story line of a dream. | |  | d. | underlying meaning of a dream. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 158. Mark, a struggling student, remembers dreaming that he failed an important physics test. According to Freud, Mark’s account represents the \_\_\_\_\_\_\_\_ content of his dream.   |  |  |  | | --- | --- | --- | |  | a. | paradoxical | |  | b. | latent | |  | c. | hypnagogic | |  | d. | manifest  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 159. According to Freud, the personally threatening and censored meaning of a dream is its   |  |  |  | | --- | --- | --- | |  | a. | manifest content. | |  | b. | paradoxical content. | |  | c. | latent content. | |  | d. | hallucinatory content. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 160. Maryann, a student in elementary school, tells her therapist that she repeatedly dreams that she separates a lion from her cubs. The therapist believes that the dream reflects Maryann’s unresolved feelings that her mother is overbearing. According to Freud, the therapist is revealing the possible \_\_\_\_\_\_\_\_ content of Maryann’s dream.   |  |  |  | | --- | --- | --- | |  | a. | manifest | |  | b. | latent | |  | c. | circadian | |  | d. | hypnagogic  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 161. Which sleep theory proposes that dreams help us to sort through the events of the day?   |  |  |  | | --- | --- | --- | |  | a. | information-processing | |  | b. | cognitive development | |  | c. | Freud’s theory of sleep | |  | d. | the activation-synthesis theory |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 162. Brain regions that are active as rats learn to navigate a maze show similar activity patterns again as the rats later experience   |  |  |  | | --- | --- | --- | |  | a. | REM sleep. | |  | b. | hypnagogic sensations. | |  | c. | slow-wave sleep. | |  | d. | sleep spindles. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 163. Dr. Thomas believes that dreams may help people form long-term memories of the day’s events. This best agrees with   |  |  |  | | --- | --- | --- | |  | a. | the information-processing perspective. | |  | b. | the activation-synthesis theory. | |  | c. | the cognitive development perspective. | |  | d. | Freud’s theoretical perspective. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 164. Preserving and expanding the brain's neural pathways has been suggested as an important function of   |  |  |  | | --- | --- | --- | |  | a. | free radicals. | |  | b. | EEG recordings. | |  | c. | sleep spindles. | |  | d. | dreaming. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 165. Professor Taylor tells his class that dreams provide the sleeping brain with periodic stimulation. This is consistent with the   |  |  |  | | --- | --- | --- | |  | a. | the information-processing perspective. | |  | b. | the activation-synthesis theory. | |  | c. | the cognitive development perspective. | |  | d. | physiological function perspective. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 166. The activation-synthesis theory best helps to explain why   |  |  |  | | --- | --- | --- | |  | a. | most dreams are realistic portrayals of pleasant life events. | |  | b. | people often experience sudden visual images during REM sleep. | |  | c. | dreams typically express unacceptable feelings in a symbolically disguised form. | |  | d. | individuals with sleep apnea are unable to recall any of their dreams. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 167. Dr. Zyda believes that dreams are just the brain’s attempt to synthesize random neural activity. This view is consistent with   |  |  |  | | --- | --- | --- | |  | a. | the information-processing perspective. | |  | b. | the activation-synthesis theory. | |  | c. | the cognitive development perspective. | |  | d. | Freud’s theoretical perspective. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 168. The emotional tone of our dreams is especially likely to be influenced by activation of the \_\_\_\_\_\_\_\_ during REM sleep.   |  |  |  | | --- | --- | --- | |  | a. | somatosensory cortex | |  | b. | limbic system | |  | c. | frontal lobes | |  | d. | pineal gland |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 169. Claudia is having a nightmare about someone kidnapping her child. A PET scan would likely reveal increased activity in her   |  |  |  | | --- | --- | --- | |  | a. | superchiasmatic nucleus. | |  | b. | frontal lobes. | |  | c. | pineal gland. | |  | d. | amygdala. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 170. Evidence that dreams reflect the brain maturation and style of thinking associated with a dreamer's age and life experience would best support the \_\_\_\_\_\_\_\_ theory of dream content.   |  |  |  | | --- | --- | --- | |  | a. | wish-fulfillment | |  | b. | activation-synthesis | |  | c. | memory consolidation | |  | d. | cognitive development |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 171. The cognitive development theory emphasizes that dreams   |  |  |  | | --- | --- | --- | |  | a. | are realistic portrayals of pleasant life events. | |  | b. | simulate reality by drawing on our concepts and knowledge. | |  | c. | typically express unacceptable feelings in a symbolically disguised form. | |  | d. | individuals with sleep apnea are unable to recall any of their dreams. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 172. Which theory most clearly emphasizes our mind's top-down control of dream content without proposing an adaptive function of dreams?   |  |  |  | | --- | --- | --- | |  | a. | cognitive development theory | |  | b. | memory consolidation theory | |  | c. | activation-synthesis theory | |  | d. | Freud's wish-fulfillment theory |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 173. In explaining the purpose and function of dreams to his class, Professor Vincent states that many times the content of a dream reflects the dreamers’ level of cognitive development. This is consistent with   |  |  |  | | --- | --- | --- | |  | a. | the information-processing perspective. | |  | b. | the activation-synthesis theory. | |  | c. | the cognitive development perspective. | |  | d. | Freud’s theoretical perspective. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 174. Which of the following involves the tendency for REM sleep to increase following REM sleep deprivation?   |  |  |  | | --- | --- | --- | |  | a. | sleep apnea | |  | b. | memory consolidation | |  | c. | the circadian rhythm | |  | d. | REM rebound  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 175. Denzil is participating in a research study about sleep and dreams. For the first two nights of the study, Denzil was frequently disturbed during REM sleep. Tonight, when allowed to sleep undisturbed, Denzil will likely experience   |  |  |  | | --- | --- | --- | |  | a. | an increase in REM sleep. | |  | b. | sleep apnea. | |  | c. | insomnia. | |  | d. | night terrors.  ​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 176. The occurrence of REM rebound supports the notion that   |  |  |  | | --- | --- | --- | |  | a. | as people grow older, they need to spend progressively more time dreaming. | |  | b. | dreams are triggered by random bursts of neural activity. | |  | c. | dreams help to solidify our memories of daytime experiences. | |  | d. | humans, like most other mammals, need REM sleep. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 177. Alcohol, marijuana, cocaine, and a wide variety of other chemical agents that alter the brain, producing changes in perceptions and moods, are called   |  |  |  | | --- | --- | --- | |  | a. | stimulants. | |  | b. | depressants. | |  | c. | psychoactive drugs. | |  | d. | hallucinogens. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 178. A substance use disorder is best characterized by continued use of a substance   |  |  |  | | --- | --- | --- | |  | a. | without realizing it may be addictive. | |  | b. | in order to lose weight or boost one's athletic performance. | |  | c. | without demonstrating any behavioral symptoms of being intoxicated. | |  | d. | despite significant life disruption. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 179. Bill’s repeated use of cocaine has caused family problems that threaten his marriage. However, he continues to snort cocaine. Bill most clearly shows symptoms of   |  |  |  | | --- | --- | --- | |  | a. | withdrawal. | |  | b. | substance use disorder. | |  | c. | sensory deprivation. | |  | d. | a near-death experience.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 180. Jerry has three of the indicators of substance use disorder. This means that his disorder can be classified as   |  |  |  | | --- | --- | --- | |  | a. | mild. | |  | b. | moderate. | |  | c. | severe. | |  | d. | extreme. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 181. A drug's overall effect depends on   |  |  |  | | --- | --- | --- | |  | a. | its biological effects. | |  | b. | the user's expectations. | |  | c. | the user's culture. | |  | d. | all of these factors. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 182. One effect of frequent drug use is brain changes. This leads to   |  |  |  | | --- | --- | --- | |  | a. | increased REM sleep. | |  | b. | decreased drug tolerance. | |  | c. | increased behavioral inhibitions. | |  | d. | strong cravings when situations trigger memories of drug use. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 183. The American Psychiatric Association now categorizes the severity of substance use disorder according to   |  |  |  | | --- | --- | --- | |  | a. | its effect on the person's social life but not on his or her physical health. | |  | b. | the form of the substance involved. | |  | c. | the number of disruptive symptoms involved. | |  | d. | whether the drug is legally available to an individual. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 184. Dawi uses cocaine regularly. He craves it often, spends a considerable amount of time obtaining and using the drug, and has continued to use cocaine despite social problems related to his drug use. As a result of his cocaine use, he has problems completing his work on time and has developed relationship problems with his family. He has tried unsuccessfully to regulate his cocaine use. According to the American Psychiatric Association, which of the following best describes the severity of his substance use disorder?   |  |  |  | | --- | --- | --- | |  | a. | mild | |  | b. | moderate | |  | c. | severe | |  | d. | extreme  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 185. Which of the following is NOT a factor in a drug’s overall effect?   |  |  |  | | --- | --- | --- | |  | a. | its biological effects | |  | b. | the user’s expectations | |  | c. | the user’s culture | |  | d. | the user’s race  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 186. Drug tolerance refers to the   |  |  |  | | --- | --- | --- | |  | a. | absence of pain or anxiety following the use of a drug. | |  | b. | loss of social inhibitions following drug use. | |  | c. | discomfort and distress that follow the discontinued use of a drug. | |  | d. | reduced effect of a drug resulting from its regular use. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 187. After work each day, Sarita would join her co-workers at the neighborhood pub. She usually drank at least four beers every night. After a while, she had to drink even more beers to feel intoxicated. Her increased drinking indicates   |  |  |  | | --- | --- | --- | |  | a. | memory disruption. | |  | b. | tolerance. | |  | c. | withdrawal. | |  | d. | disinhibition.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 188. Ron has failed in his repeated attempts to stop fantasy football betting, and now he bets increasingly larger amounts of money to achieve the sense of excitement he seeks. Ron most clearly shows signs of   |  |  |  | | --- | --- | --- | |  | a. | panic disorder. | |  | b. | antisocial personality disorder. | |  | c. | gambling disorder. | |  | d. | obsessive-compulsive disorder. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 189. \_\_\_\_\_\_\_\_ is now a diagnosable condition based on a consistent inability to resist logging on and staying on, even when excessive use impairs a person’s work and relationships.   |  |  |  | | --- | --- | --- | |  | a. | Shopping addiction | |  | b. | Obsessive-compulsive disorder | |  | c. | Sex addiction | |  | d. | Internet gaming disorder  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 190. Neuroadaptation refers to   |  |  |  | | --- | --- | --- | |  | a. | the pain relief that occurs following the use of narcotic drugs. | |  | b. | continued drug craving and use despite its significant dangers. | |  | c. | the change in brain chemistry that offsets the effect of a psychoactive drug. | |  | d. | increased sympathetic nervous system activity following the use of stimulant drugs. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 191. As drug users experience neuroadaptation, they demonstrate signs of   |  |  |  | | --- | --- | --- | |  | a. | dehydration. | |  | b. | a near-death experience. | |  | c. | tolerance. | |  | d. | hallucinations. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 192. Tom continues to use cocaine even though he realizes it is harming his health, his marriage, and his relationships with his children. Tom shows signs of   |  |  |  | | --- | --- | --- | |  | a. | REM sleep deprivation. | |  | b. | increased self-awareness. | |  | c. | hallucinations. | |  | d. | addiction. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 193. Cassia, who always drinks a mug of strong coffee when she wakes and several more when she arrives at work, rushed out of the house without her usual cup today and has been sitting in traffic for hours. Now, she has a severe headache. Cassia is feeling the effects of   |  |  |  | | --- | --- | --- | |  | a. | tolerance. | |  | b. | withdrawal. | |  | c. | disinhibition. | |  | d. | the dopamine reward system. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 194. People who use \_\_\_\_\_\_\_\_ are often able to discontinue their drug use without professional help.   |  |  |  | | --- | --- | --- | |  | a. | nicotine | |  | b. | cocaine | |  | c. | alcohol | |  | d. | any of these drugs |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 195. Which of the following would be classified as a behavior addiction?   |  |  |  | | --- | --- | --- | |  | a. | gambling disorder | |  | b. | internet gaming disorder | |  | c. | both gambling and internet gaming disorder | |  | d. | neither gambling nor internet gaming disorder |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 196. The three main categories of psychoactive drugs are depressants, stimulants, and   |  |  |  | | --- | --- | --- | |  | a. | amphetamines. | |  | b. | tranquilizers. | |  | c. | hallucinogens. | |  | d. | endorphins. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 197. Depressant drugs include alcohol,   |  |  |  | | --- | --- | --- | |  | a. | marijuana, and LSD. | |  | b. | barbiturates, and opioids. | |  | c. | nicotine, and caffeine. | |  | d. | cocaine, and amphetamines. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 198. Drugs such as alcohol and opioids that calm neural activity and slow body functions are called   |  |  |  | | --- | --- | --- | |  | a. | hallucinogens. | |  | b. | depressants. | |  | c. | endorphins. | |  | d. | amphetamines. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 199. Low doses of alcohol enliven a drinker by acting as a(n)   |  |  |  | | --- | --- | --- | |  | a. | stimulant. | |  | b. | hallucinogen. | |  | c. | disinhibitor. | |  | d. | amphetamine. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 200. When moderately intoxicated by alcohol,   |  |  |  | | --- | --- | --- | |  | a. | an angry person tends to be more aggressive than usual. | |  | b. | a giving person tends to be more generous than usual. | |  | c. | a sexually aroused person tends to be more sexually active than usual. | |  | d. | all of these people tend to behave as stated. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 201. Sympathetic nervous system activity is reduced by   |  |  |  | | --- | --- | --- | |  | a. | nicotine. | |  | b. | alcohol. | |  | c. | amphetamines. | |  | d. | cocaine. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 202. Jim’s many nights of heavy drinking have led to tolerance. If Jim suddenly stops drinking, he suffers withdrawal symptoms and a strong desire to return to drinking. Jim likely suffers from   |  |  |  | | --- | --- | --- | |  | a. | excessive self-awareness. | |  | b. | sensory deprivation. | |  | c. | alcohol use disorder. | |  | d. | excess dopamine.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 203. Over 200 diseases, as well as brain shrinkage and premature death, may accompany   |  |  |  | | --- | --- | --- | |  | a. | alcohol use disorder. | |  | b. | drug tolerance. | |  | c. | abuse of barbiturates. | |  | d. | nicotine addiction. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 204. Who is more vulnerable to alcohol use disorder because they have less of a stomach enzyme that digests alcohol?   |  |  |  | | --- | --- | --- | |  | a. | girls and young women | |  | b. | boys and young men | |  | c. | adolescents | |  | d. | the elderly |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 205. Alcohol consumption disrupts the formation of lasting memories by   |  |  |  | | --- | --- | --- | |  | a. | suppressing REM sleep. | |  | b. | increasing anxiety. | |  | c. | decreasing dehydration. | |  | d. | increasing self-consciousness. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 206. After downing four glasses of beer, Damaris felt less guilty about scolding his youngest son. Damaris’ drinking has reduced his guilt because it has   |  |  |  | | --- | --- | --- | |  | a. | destroyed some of his brain cells. | |  | b. | reduced his self‑awareness. | |  | c. | directed his attention to the future. | |  | d. | increased his level of sympathetic nervous system arousal.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 207. Alcohol consumption is LEAST likely to make people more   |  |  |  | | --- | --- | --- | |  | a. | fearful. | |  | b. | aggressive. | |  | c. | self-conscious. | |  | d. | sexually daring. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 208. Alcohol consumption \_\_\_\_\_\_\_\_ sympathetic nervous system activity and \_\_\_\_\_\_\_\_ self-awareness.   |  |  |  | | --- | --- | --- | |  | a. | decreases; decreases | |  | b. | increases; increases | |  | c. | decreases; increases | |  | d. | increases; decreases |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 209. In a classic study, after watching an erotic movie clip, participants who were led to believe that they had been drinking alcohol were more likely than those who thought they had not consumed alcohol to report having strong sexual fantasies and feeling guilt free. This study best illustrated the impact of   |  |  |  | | --- | --- | --- | |  | a. | drug tolerance. | |  | b. | drug addiction. | |  | c. | user expectations. | |  | d. | neuroadaptation.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 210. Cassie is currently upset because her boyfriend broke up with her. After watching a movie depicting a character drinking while upset, Cassie decides to do the same, thinking that consuming alcohol will make her feel better. This demonstrates that   |  |  |  | | --- | --- | --- | |  | a. | expectations can influence behavior. | |  | b. | there are biological explanations for behavior. | |  | c. | genetics influence behavior. | |  | d. | alcohol is related to myopia. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 211. Nembutal, Seconal, and Amytal, drugs prescribed to induce sleep, are   |  |  |  | | --- | --- | --- | |  | a. | barbiturates. | |  | b. | amphetamines. | |  | c. | opioids. | |  | d. | mild hallucinogens. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 212. Sodium pentothal has sometimes been called a “truth serum” because it relaxes people and enables them to more freely disclose personally embarrassing experiences. It is most likely that sodium pentothal is a(n)   |  |  |  | | --- | --- | --- | |  | a. | barbiturate. | |  | b. | amphetamine. | |  | c. | hallucinogen. | |  | d. | form of cocaine. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 213. Heroin and its synthetic substitute, methadone, are depressants that belong to the class of   |  |  |  | | --- | --- | --- | |  | a. | barbiturates. | |  | b. | amphetamines. | |  | c. | opioids. | |  | d. | mild hallucinogens. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 214. Sandra has just taken a psychoactive drug. As her feelings of anxiety are replaced by blissful pleasure, her breathing slows, her pupils constrict, and lethargy sets in. Sandra most likely is experiencing the effects of   |  |  |  | | --- | --- | --- | |  | a. | cocaine. | |  | b. | heroin. | |  | c. | LSD. | |  | d. | nicotine.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 215. A decrease in the brain's production of endorphins has been associated with repeated use of   |  |  |  | | --- | --- | --- | |  | a. | opioids. | |  | b. | depressants. | |  | c. | stimulants. | |  | d. | alcohol. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 216. In 2019, the National Safety Council reported that “For the first time in U.S. history, a person is more likely to die from \_\_\_\_\_\_\_\_ than from a motor vehicle crash.”   |  |  |  | | --- | --- | --- | |  | a. | alcohol poisoning | |  | b. | barbiturate use | |  | c. | an accidental opioid overdose | |  | d. | a methamphetamine overdose |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 217. Zach’s mother and many of his friends use opioids. Zach is   |  |  |  | | --- | --- | --- | |  | a. | at a decreased risk for using opioids. | |  | b. | at an increased risk for using alcohol. | |  | c. | at an increased risk for using barbiturates. | |  | d. | at an increased risk for using opioids. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 218. Stimulants are to caffeine as depressants are to   |  |  |  | | --- | --- | --- | |  | a. | heroin. | |  | b. | cocaine. | |  | c. | marijuana. | |  | d. | LSD. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 219. Taking an overdose of \_\_\_\_\_\_\_\_ is likely to result in death.   |  |  |  | | --- | --- | --- | |  | a. | barbiturates | |  | b. | morphine | |  | c. | heroin | |  | d. | any of these drugs |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 220. For a smoker experiencing nicotine withdrawal, a single inhale alleviates uncomfortable symptoms by \_\_\_\_\_\_\_\_ neurotransmitter activity.   |  |  |  | | --- | --- | --- | |  | a. | stimulating | |  | b. | inhibiting | |  | c. | mimicking | |  | d. | negating |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 221. Danielle just woke up and consumed a stimulant substance that made her more alert and awake. What did she consume?   |  |  |  | | --- | --- | --- | |  | a. | alcohol | |  | b. | heroin | |  | c. | caffeine | |  | d. | marijuana |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 222. E-cigarette use among youth has been declared a(n) \_\_\_\_\_\_\_\_ by the U.S. Surgeon General.   |  |  |  | | --- | --- | --- | |  | a. | epidemic | |  | b. | phenomenon | |  | c. | phase | |  | d. | trend |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 223. It has been speculated that marketing for e-cigarettes   |  |  |  | | --- | --- | --- | |  | a. | is ineffective. | |  | b. | targets adolescents. | |  | c. | targets older adults. | |  | d. | targets children. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 224. Drugs such as cocaine and caffeine that excite neural activity and speed up body functions are known as   |  |  |  | | --- | --- | --- | |  | a. | stimulants. | |  | b. | depressants. | |  | c. | opioids. | |  | d. | hallucinogens. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 225. Who might be tempted to use amphetamines to help him achieve his personal goal?   |  |  |  | | --- | --- | --- | |  | a. | Victor, who wants relief from depression | |  | b. | Karl, who wants to lose a lot of weight | |  | c. | Milan, who wants to win his boxing match | |  | d. | All of these people might be tempted to use amphetamines. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 226. Which of the following drugs is classified as a stimulant?   |  |  |  | | --- | --- | --- | |  | a. | marijuana | |  | b. | morphine | |  | c. | alcohol | |  | d. | nicotine |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 227. Using which of the following tobacco products gives users nicotine without the cancer-causing tar?   |  |  |  | | --- | --- | --- | |  | a. | cigars | |  | b. | e-cigarettes | |  | c. | pipe tobacco | |  | d. | snuff |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 228. Your 16-year-old neighbor Darrin, who has never smoked before, is considering trying the e-cigarettes that many of his friends smoke. “They’re much healthier than regular cigarettes,” he reassures you. What would you say to Darrin?   |  |  |  | | --- | --- | --- | |  | a. | “That’s a good idea. Then you won’t have to worry about lung cancer.” | |  | b. | “E-cigarettes are also a tobacco product and still contain tar. You haven't reduced your risk of contracting cancer later on.” | |  | c. | “While e-cigarettes are marketed as a way to reduce cancer risk, it is false advertising.” | |  | d. | “Nonsmoking teens who start vaping are much more likely to move on to cigarette smoking later.” |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 229. Nicotine triggers a(n) \_\_\_\_\_\_\_\_ in blood pressure and a(n) \_\_\_\_\_\_\_\_ in pain sensitivity.   |  |  |  | | --- | --- | --- | |  | a. | increase; decrease | |  | b. | increase; increase | |  | c. | decrease; decrease | |  | d. | decrease; increase |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 230. Veronika is trying to quit smoking. After a day without cigarettes, she is experiencing irritability, distractibility, and strong cravings. Veronika is feeling the effects of   |  |  |  | | --- | --- | --- | |  | a. | withdrawal. | |  | b. | dehydration. | |  | c. | disinhibition. | |  | d. | hallucinations. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 231. Nicotine calms anxiety and lessens sensitivity to pain by triggering the release of \_\_\_\_\_\_\_\_ and other neurotransmitters.   |  |  |  | | --- | --- | --- | |  | a. | serotonin | |  | b. | dopamine | |  | c. | MDMA | |  | d. | THC  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 232. The life expectancy of nonsmokers is \_\_\_\_\_\_\_\_ than that of smokers.   |  |  |  | | --- | --- | --- | |  | a. | at least 15 years longer | |  | b. | at least 10 years longer | |  | c. | no longer | |  | d. | 1 year shorter |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 233. Nicotine use triggers an increase in   |  |  |  | | --- | --- | --- | |  | a. | drowsiness. | |  | b. | appetite. | |  | c. | anxiety. | |  | d. | blood pressure. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 234. Worldwide, \_\_\_\_\_\_\_\_ percent of men currently smoke.   |  |  |  | | --- | --- | --- | |  | a. | 10 | |  | b. | 25 | |  | c. | 40 | |  | d. | 65 |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 235. Worldwide, \_\_\_\_\_\_\_\_ percent of women currently smoke.   |  |  |  | | --- | --- | --- | |  | a. | 5 | |  | b. | 15 | |  | c. | 35 | |  | d. | 50 |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 236. Compared with nonsmokers, smokers experience   |  |  |  | | --- | --- | --- | |  | a. | lower rates of depression and higher rates of divorce. | |  | b. | higher rates of depression and lower rates of divorce. | |  | c. | lower rates of depression and lower rates of divorce. | |  | d. | higher rates of depression and higher rates of divorce. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 237. Compared with ordinary cocaine, crack cocaine produces a \_\_\_\_\_\_\_\_ intense high followed by a \_\_\_\_\_\_\_\_ intense crash.   |  |  |  | | --- | --- | --- | |  | a. | more; less | |  | b. | less; more | |  | c. | more; more | |  | d. | less; less |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 238. A brief rush of euphoria followed by a crash of agitated depression is most closely associated with the use of   |  |  |  | | --- | --- | --- | |  | a. | marijuana. | |  | b. | cocaine. | |  | c. | LSD. | |  | d. | barbiturates.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 239. Sherri has snorted a psychoactive drug, which gives her a rush of euphoria followed within the same hour by a crash of agitated depression as the drug's effects wear off. Sherri’s reactions most clearly suggest that she was using   |  |  |  | | --- | --- | --- | |  | a. | marijuana. | |  | b. | cocaine. | |  | c. | LSD. | |  | d. | barbiturates.  ​ |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 240. Dawn has taken a drug that enhanced her energy and mood and led to about 8 hours of heightened energy and euphoria. Which drug did she take?   |  |  |  | | --- | --- | --- | |  | a. | Ecstasy | |  | b. | nicotine | |  | c. | alcohol | |  | d. | methamphetamine |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 241. Caged rats respond to foot shocks with unusually high levels of aggression after ingesting   |  |  |  | | --- | --- | --- | |  | a. | heroin. | |  | b. | cocaine. | |  | c. | marijuana. | |  | d. | barbiturates. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 242. What percent of U.S. twelfth graders have reported trying cocaine in the past year?   |  |  |  | | --- | --- | --- | |  | a. | 2 | |  | b. | 6 | |  | c. | 15.2 | |  | d. | 35 |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 243. Methamphetamine enhances energy and mood by triggering the release of the neurotransmitter   |  |  |  | | --- | --- | --- | |  | a. | epinephrine. | |  | b. | dopamine. | |  | c. | codeine. | |  | d. | THC. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 244. Which of the following is NOT an effect of amphetamine use?   |  |  |  | | --- | --- | --- | |  | a. | accelerated bodily function | |  | b. | increased energy | |  | c. | improved mood | |  | d. | improved memory |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 245. Which of the following drugs is most likely to produce a euphoric high and feelings of social intimacy?   |  |  |  | | --- | --- | --- | |  | a. | Seconal | |  | b. | opium | |  | c. | Ecstasy | |  | d. | marijuana |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 246. When researchers gave octopuses MDMA they became   |  |  |  | | --- | --- | --- | |  | a. | sociable. | |  | b. | depressed. | |  | c. | moody. | |  | d. | unpredictable. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 247. As an amphetamine derivative, \_\_\_\_\_\_\_\_ releases dopamine, but its major effect is to release stored serotonin and block its reuptake.   |  |  |  | | --- | --- | --- | |  | a. | alcohol | |  | b. | heroin | |  | c. | Ecstasy | |  | d. | Nembutal |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 248. Eve is at an all-night dance party and has been offered a drug that will increase her energy level and feelings of emotional intimacy. Dehydration is especially likely to be a life-threatening danger to her if she uses this drug, which is   |  |  |  | | --- | --- | --- | |  | a. | alcohol. | |  | b. | nicotine. | |  | c. | Ecstasy. | |  | d. | marijuana. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 249. One effect of long-term use of \_\_\_\_\_\_\_\_ is to decrease serotonin output.   |  |  |  | | --- | --- | --- | |  | a. | alcohol | |  | b. | heroin | |  | c. | Ecstasy | |  | d. | Nembutal |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 250. Which of the following types of drugs distort both sensory interpretation and perception?   |  |  |  | | --- | --- | --- | |  | a. | stimulants | |  | b. | depressants | |  | c. | hallucinogens | |  | d. | cocaine |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 251. Which of the following is NOT a natural hallucinogen?   |  |  |  | | --- | --- | --- | |  | a. | LSD | |  | b. | marijuana | |  | c. | psilocybin mushrooms | |  | d. | ayahuasca  ​ |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 252. Loss of oxygen or extreme sensory deprivation produces perceptual distortions most similar to those produced by consuming   |  |  |  | | --- | --- | --- | |  | a. | morphine. | |  | b. | LSD. | |  | c. | barbiturates. | |  | d. | methamphetamine. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 253. Travis has taken LSD. If he were given a brain scan, what would it most likely reveal?   |  |  |  | | --- | --- | --- | |  | a. | His visual cortex is hypersensitive and strongly connected to his brain's emotion centers. | |  | b. | There is reduced brain activity in areas that control judgment and inhibitions. | |  | c. | Brain cells that enhance energy and mood have been stimulated. | |  | d. | His auditory cortex is unresponsive to sound and his mood has improved. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 254. The altered state of consciousness that is most similar to an LSD-induced hallucination is   |  |  |  | | --- | --- | --- | |  | a. | REM sleep. | |  | b. | the near-death experience. | |  | c. | neuroadaptation. | |  | d. | heroin addiction. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 255. Epileptic seizures may trigger sensations similar to   |  |  |  | | --- | --- | --- | |  | a. | dehydration. | |  | b. | disinhibition. | |  | c. | the near-death experience. | |  | d. | heroin withdrawal. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 256. LSD is most likely to produce   |  |  |  | | --- | --- | --- | |  | a. | dehydration. | |  | b. | hallucinations. | |  | c. | binge drinking. | |  | d. | pain-killing neurotransmitters. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 257. An altered state of consciousness in which emotions range from euphoria to detachment to panic is most closely associated with the use of   |  |  |  | | --- | --- | --- | |  | a. | heroin. | |  | b. | cocaine. | |  | c. | marijuana. | |  | d. | LSD. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 258. Brian has consumed a substance that has created a tunnel-like perspective with a bright light in the center of his field of vision. Which drug did he take?   |  |  |  | | --- | --- | --- | |  | a. | LSD | |  | b. | marijuana | |  | c. | alcohol | |  | d. | cocaine |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 259. The major active ingredient in marijuana is   |  |  |  | | --- | --- | --- | |  | a. | THC. | |  | b. | MDMA. | |  | c. | LSD. | |  | d. | methadone. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 260. The \_\_\_\_\_\_\_\_ in a single joint may induce psychiatric symptoms, including hallucinations, delusions, and anxiety.   |  |  |  | | --- | --- | --- | |  | a. | THC | |  | b. | MDMA | |  | c. | methamphetamine | |  | d. | nicotine |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 261. K2, also known as Spice, mimics   |  |  |  | | --- | --- | --- | |  | a. | MDMA. | |  | b. | LSD. | |  | c. | THC. | |  | d. | heroin. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 262. Pedro has taken a mild hallucinogen that amplifies his sensitivity to colors, sounds, tastes, and smells. What drug did he take?   |  |  |  | | --- | --- | --- | |  | a. | LSD | |  | b. | marijuana | |  | c. | alcohol | |  | d. | cocaine |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 263. Like alcohol, marijuana   |  |  |  | | --- | --- | --- | |  | a. | is rapidly eliminated from the body. | |  | b. | does not impair motor coordination. | |  | c. | disinhibits and relaxes. | |  | d. | does not impair memory.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 264. In contrast to alcohol, marijuana   |  |  |  | | --- | --- | --- | |  | a. | is rapidly eliminated from the body. | |  | b. | does not impair motor coordination. | |  | c. | lingers in the body for more than a week. | |  | d. | does not impair memory.  ​ |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 265. Tricia’s friends have ingested a mild hallucinogen. As a result, they have lost track of time and become more sensitive to both the smell of aromatic candles and the sound of the music they’re listening to. Tricia’s friends most likely experienced the effects of   |  |  |  | | --- | --- | --- | |  | a. | a barbiturate. | |  | b. | methamphetamine. | |  | c. | morphine. | |  | d. | THC.  ​ |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 266. In studies, THC has caused animals to   |  |  |  | | --- | --- | --- | |  | a. | develop lung cancer. | |  | b. | misjudge events. | |  | c. | behave antisocially. | |  | d. | be affected by chronic pain. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 267. Which of the following drugs contributes to impaired attention, learning, and memory?   |  |  |  | | --- | --- | --- | |  | a. | nicotine | |  | b. | methadone | |  | c. | marijuana | |  | d. | caffeine |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 268. The more often a person uses marijuana, the greater the risk for all of the following EXCEPT   |  |  |  | | --- | --- | --- | |  | a. | chronic pain. | |  | b. | anxiety. | |  | c. | depression. | |  | d. | suicidal behavior. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 269. One study of nearly 4000 Canadian seventh graders concluded that marijuana use at an early age predicted   |  |  |  | | --- | --- | --- | |  | a. | increased academic performance. | |  | b. | decreased rates of depression. | |  | c. | antisocial behavior in adulthood. | |  | d. | long-term cognitive impairment. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 270. From 1969 to 2019, the percentage of the U.S. population who supported legalizing marijuana \_\_\_\_\_\_\_\_, which explains why the number of Americans who have tried marijuana has \_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | decreased; decreased | |  | b. | decreased; increased | |  | c. | increased; increased | |  | d. | increased; decreased |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 271. The number of Americans who have tried marijuana has risen dramatically in the last half-century. This is likely related to the   |  |  |  | | --- | --- | --- | |  | a. | health benefits of marijuana use. | |  | b. | marketing of e-cigarettes. | |  | c. | legal acceptance of marijuana. | |  | d. | reduction in nicotine use. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 272. Brad has taken a depressant that led to feelings of an initial high, followed by relaxation and disinhibition. Which substance did he use?   |  |  |  | | --- | --- | --- | |  | a. | alcohol | |  | b. | heroin | |  | c. | caffeine | |  | d. | nicotine |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 273. The percentage of U.S. high school seniors who said there is “great risk” in regular marijuana use \_\_\_\_\_\_\_\_ between 1978 and 1991, and it \_\_\_\_\_\_\_\_ between 1991 and 2019.   |  |  |  | | --- | --- | --- | |  | a. | increased; remained unchanged | |  | b. | remained unchanged; increased | |  | c. | increased; decreased | |  | d. | decreased; increased |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 274. Justin and Jake are identical twins. Justin suffers from alcohol use disorder. What can you predict about Jake?   |  |  |  | | --- | --- | --- | |  | a. | He is not likely to develop alcohol use disorder. | |  | b. | He is at an increased risk of developing alcohol use disorder. | |  | c. | He has a 10 percent chance of developing alcohol use disorder. | |  | d. | It is not possible to make a prediction about Jake. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 275. Feeling that life is meaningless and directionless is a \_\_\_\_\_\_\_\_ factor related to problematic drug use.   |  |  |  | | --- | --- | --- | |  | a. | biological | |  | b. | psychological | |  | c. | social | |  | d. | cultural |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 276. Peter is a 16-year-old high school student who is using drugs more and more often, which is harming his health and interfering with his performance in school. A factor that is most likely contributing to his drug use is that he   |  |  |  | | --- | --- | --- | |  | a. | has little desire for social acceptance from peers who use drugs. | |  | b. | underestimates the extent to which his peers use drugs. | |  | c. | overestimates the long-term physical and psychological costs of using drugs. | |  | d. | experiences a lack of direction and purpose in his life. |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 277. Nathaniel feels like his life is meaningless and lacks direction. These feelings have been associated with a(n)   |  |  |  | | --- | --- | --- | |  | a. | increased risk of substance use. | |  | b. | decreased risk for depression. | |  | c. | decreased risk of suicide. | |  | d. | increased risk of an anxiety disorder. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 278. Having an identical rather than fraternal twin with alcohol use disorder puts one at an increased risk for alcohol problems. This indicates that alcohol use disorder   |  |  |  | | --- | --- | --- | |  | a. | has a psychedelic effect. | |  | b. | is socially influenced. | |  | c. | is genetically influenced. | |  | d. | is synaptically transmitted. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 279. One example of a biological influence on drug use would be   |  |  |  | | --- | --- | --- | |  | a. | the feeling that life is pointless and meaningless. | |  | b. | the glamorization of vaping in advertisements. | |  | c. | a brain circuit that predicts compulsive drinking. | |  | d. | a neighborhood in which very few adolescents drink or smoke. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 280. An important factor contributing to problematic substance use is   |  |  |  | | --- | --- | --- | |  | a. | practicing a religion actively. | |  | b. | feeling that one's life is meaningless. | |  | c. | having an overly strict parent. | |  | d. | having high dopamine levels in the brain. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 281. Spencer’s disordered use of alcohol and other psychoactive drugs is influenced by genetic factors, easy access to drugs in his neighborhood, and his failure to comprehend the risks associated with drug use. An understanding of Spencer’s drug use is most clearly provided by   |  |  |  | | --- | --- | --- | |  | a. | psychoanalysis. | |  | b. | an evolutionary perspective. | |  | c. | a biopsychosocial approach. | |  | d. | the neuroadaptation model. |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 282. Vaping is most likely to begin during   |  |  |  | | --- | --- | --- | |  | a. | early adolescence. | |  | b. | late adolescence. | |  | c. | early adulthood. | |  | d. | middle adulthood. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 283. Research has shown that \_\_\_\_\_\_\_\_ are less likely to use drugs.   |  |  |  | | --- | --- | --- | |  | a. | those without secure attachments | |  | b. | youth undergoing school transitions | |  | c. | undergraduates who have not yet achieved a clear identity | |  | d. | actively religious people |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 284. Young adolescents are especially likely to begin smoking if they   |  |  |  | | --- | --- | --- | |  | a. | have friends and relatives who smoke. | |  | b. | are slow to mature. | |  | c. | are optimistic about their future. | |  | d. | suffer from high blood pressure. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 285. The best predictor of an adolescent's pattern of drug use is whether the adolescent   |  |  |  | | --- | --- | --- | |  | a. | has close friends who use drugs. | |  | b. | grows up in an intact two-parent family. | |  | c. | has religious beliefs. | |  | d. | owns his or her own car. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 286. Among university students, alcohol often dominates social occasions because students   |  |  |  | | --- | --- | --- | |  | a. | overestimate their peers’ enthusiasm for alcohol and underestimate their views of its risks. | |  | b. | underestimate their peers’ enthusiasm for alcohol and underestimate their views of its risks. | |  | c. | overestimate their peers’ enthusiasm for alcohol and overestimate their views of its risks. | |  | d. | underestimate their peers’ enthusiasm for alcohol and overestimate their views of its risks. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 287. The fact that Mormons have extremely low rates of drug use demonstrates \_\_\_\_\_\_\_\_ factors related to problematic drug use.   |  |  |  | | --- | --- | --- | |  | a. | biological | |  | b. | psychological | |  | c. | social | |  | d. | cultural |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 288. Researchers have found that lifetime \_\_\_\_\_\_\_\_ use ranged from 5 percent in Norway to more than eight times that in the Czech Republic.   |  |  |  | | --- | --- | --- | |  | a. | marijuana | |  | b. | alcohol | |  | c. | ecstasy | |  | d. | methamphetamine |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 289. Which of the following is NOT associated with preventing drug use among teens?   |  |  |  | | --- | --- | --- | |  | a. | allowing teens to experiment with drugs | |  | b. | educating them about the pros and cons of drug use | |  | c. | increasing self-esteem among teens | |  | d. | modifying negative peer associations |  |  |  | | --- | --- | | *ANSWER:* | a | |