

Multiple-Choice Questions

1. Susanne is paying close attention to her teacher as he lectures about the history of psychology. Which level of awareness describes Susanne's attentiveness?
(A) Conscious awareness
(B) Preconscious awareness
(C) Nonconscious awareness
(D) Subliminal awareness
(E) Nocturnal awareness
2. Carlos's friend asks Carlos what he ate for dinner last night. Carlos hesitates a few moments and then is able to remember. Which level of awareness describes his ability to remember last night's dinner?
(A) Conscious awareness
(B) Preconscious awareness
(C) Nonconscious awareness
(D) Subliminal awareness
(E) Nocturnal awareness
3. Jen is excited to be taking the AP psychology exam. She is fully alert and ready to handle the task at hand. Which waves of brain activity is Jen displaying?
(A) Delta
(B) Theta
(C) Beta
(D) Alpha
(E) Circadian
4. As Tracy sits in class she grows tired. She is having a hard time paying attention to the teacher and often loses her place in her book. Tracy is experiencing which type of brain waves?
(A) Delta
(B) Theta
(C) Beta
(D) Alpha
(E) Circadian
5. REM sleep is characterized by
(A) delta brain activity and muscle atonia
(B) cessation of breathing and heavy snoring
(C) muscle atonia and high levels of beta activity in the brain
(D) vivid sensory imagery
(E) myoclonic jerks displayed by the body

6. As an individual sleeps throughout the night, which two stages of sleep become longer?
 - (A) NREM 1 and NREM 2
 - (B) NREM 1 and NREM 3
 - (C) REM and NREM 2
 - (D) REM and NREM 3
 - (E) NREM 3 and NREM 4

7. Jon traveled from Nashville to Los Angeles yesterday. He has had a hard time adapting to the time change. Last night he found it hard to fall asleep and during the day he has had a hard time staying awake. The time change has affected Jon's
 - (A) circadian rhythms
 - (B) memory consolidation
 - (C) adrenal cortex
 - (D) biopsychological timing
 - (E) ultradian rhythms

8. What hormone, when released by the pineal gland, causes a person to become drowsy and tired?
 - (A) Adrenaline
 - (B) Corticosteroid
 - (C) Catecholamines
 - (D) Melatonin
 - (E) Testosterone

9. The restorative theory of sleep suggests that _____ sleep helps the brain to restore and _____ helps the body to recover.
 - (A) NREM; REM sleep
 - (B) REM; NREM sleep
 - (C) REM; REM sleep
 - (D) NREM; NREM sleep
 - (E) NREM Stage 3; NREM Stage 4

10. Jim has reported that he can control his dreams and affect the content of his dreams. This is referred to as
 - (A) wishful thinking
 - (B) NREM sleep
 - (C) lucid dreaming
 - (D) hallucinogenic dreaming
 - (E) the Muller-Lyer illusion

11. Nate has had problems quitting smoking in the past. A friend suggested he see a hypnotist. Nate was a bit reluctant but agreed. After the hypnotic session, the hypnotist told Nate that he would no longer have the urge to smoke. This is referred to as
 - (A) posthypnotic suggestion
 - (B) posthypnotic amnesia
 - (C) suggestion of the mind
 - (D) posthypnotic fugue
 - (E) social conformity

12. The role theory of hypnosis states that
- (A) a hypnotist produces a "hidden observer" unresponsive to commands
 - (B) people fall into a deep sleep
 - (C) altered states of consciousness are produced
 - (D) a dissociation is produced and causes multiple streams of consciousness
 - (E) hypnotized people are acting in accordance with the socially accepted behavior of what is supposed to be shown during hypnosis
13. Which of the following is characterized by an altered state of consciousness in which the power of suggestion is able to affect behavior?
- (A) Shock therapy
 - (B) Operant conditioning
 - (C) Token economy
 - (D) Systematic desensitization
 - (E) Hypnosis
14. Ever since Deb quit smoking, she has experienced terrible headaches, nausea, and a tremendous craving for nicotine. Deb is experiencing what kind of symptoms?
- (A) Toxic
 - (B) Withdrawal
 - (C) Hormonal
 - (D) Synaptic
 - (E) Distortion
15. Depressants depress activity in the central nervous system by causing neural communication to slow down. Which of the following is an example of a depressant?
- (A) Heroin
 - (B) Cocaine
 - (C) LSD
 - (D) Alcohol
 - (E) Caffeine