

Test Bank for Psychology From Inquiry to Understanding 2nd Edition by Lilienfeld Lynn Namy Woolf Cramer and Schmaltz

Chapter 5: CONSCIOUSNESS Multiple Choice Questions

- 1) Which of the following concepts was found by researchers to be linked to patients who reported being abducted by aliens?
- REM sleep behaviour disorder
 - Sleep paralysis
 - Lucid dreaming
 - Night terrors

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-1

Diff: 2

Page Reference: 174-175

Topic: Consciousness: Expanding the Boundaries of Psychological Inquiry

Skill: Factual

- 2) _____ is associated with the strange feeling of being unable to move just after falling asleep or immediately upon awakening.
- Lucid dreaming
 - REM sleep behaviour disorder
 - Narcolepsy
 - Sleep paralysis

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-2

Diff: 1

Page Reference: 174-175

Topic: Consciousness: Expanding the Boundaries of Psychological Inquiry

Skill: Factual

- 3) Daydreams or fantasies are
- psychologically unhealthy.
 - associated with dissociative disorders.
 - normal and can help us solve problems creatively.
 - prevalent only in 2-4 percent of the population.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-3

Diff: 1

Page Reference: 174-175

Topic: Consciousness: Expanding the Boundaries of Psychological Inquiry

Skill: Conceptual

- 4) Eric had a dream where he reported feeling strapped down and unable to move or survey much of his surroundings. When discussing this with his therapist, he

wonders whether it was an alien abduction. The therapist suggests that these feelings more correctly reflect

- a. hypnosis.
- b. sleep paralysis.
- c. an out-of-body experience.
- d. dissociation.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-4

Diff: 2

Page Reference: 174-175

Topic: Consciousness: Expanding the Boundaries of Psychological Inquiry

Skill: Applied

5) One's mental perspective and personal understanding of the world are what psychologists refer to as

- a. sensation.
- b. motivation.
- c. consciousness.
- d. perception.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-5

Diff: 1

Page Reference: 174

Topic: Consciousness: Expanding the Boundaries of Psychological Inquiry

Skill: Factual

6) What term do psychologists use to designate our personal awareness of feelings, sensations, and thoughts?

- a. Thinking
- b. Consciousness
- c. Conscience
- d. Cognition

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-6

Diff: 2

Page Reference: 174

Topic: Consciousness: Expanding the Boundaries of Psychological Inquiry

Skill: Factual

7) Consciousness is the

- a. state of arousal involving facial and bodily changes.
- b. awareness of ourselves and the environment.
- c. memory of personally experienced events.
- d. intentional recollection of an item of information.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-7

Diff: 2

Page Reference: 174

Topic: Consciousness: Expanding the Boundaries of Psychological Inquiry

Skill: Factual

8) Our awareness of various mental processes, such as making decisions, daydreaming, reflecting, and concentrating, is called

- a. consciousness.
- b. creativity.
- c. intelligence.
- d. self-awareness.

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-8

Diff: 2

Page Reference: 174

Topic: Consciousness: Expanding the Boundaries of Psychological Inquiry

Skill: Conceptual

9) When we feel drowsy late at night, it is the result of neurons that are controlled within our

- a. thalamus.
- b. cerebellum.
- c. hypothalamus.
- d. amygdala.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-9

Diff: 3

Page Reference: 175-176

Topic: The Circadian Rhythm: The Cycle of Everyday Life

Skill: Conceptual

10) Which of the following is not one of the biological processes that operate according to circadian rhythms?

- a. Hormone release
- b. Body temperature
- c. Kinesthetic sense
- d. Drowsiness

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-10

Diff: 1

Page Reference: 175-176

Topic: The Circadian Rhythm: The Cycle of Everyday Life

Skill: Factual

11) What aspect of circadian rhythms might explain why we tend to feel so tired at night?

- a. Body temperature bottoms out in the morning.
- b. The three biorhythm patterns converge at low points in the morning.
- c. Heart rates typically increase at night.

- d. There is an organ in the brain sensitive to light changes, which then affects our sleepiness.

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-11

Diff: 3

Page Reference: 175-176

Topic: The Circadian Rhythm: The Cycle of Everyday Life

Skill: Conceptual

12) A circadian cycle is about _____ hours long.

- a. 24
- b. 12
- c. 6
- d. 5

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-12

Diff: 2

Page Reference: 175

Topic: The Circadian Rhythm: The Cycle of Everyday Life

Skill: Factual

13) A biological cycle, or rhythm, that is approximately 24 hours long is called a(n) _____ cycle.

- a. infradian
- b. circadian
- c. diurnal
- d. ultradian

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-13

Diff: 2

Page Reference: 175

Topic: The Circadian Rhythm: The Cycle of Everyday Life

Skill: Factual

14) Our sleep–wake cycle follows a(n) _____ rhythm.

- a. infradian
- b. diurnal
- c. circadian
- d. ultradian

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-14

Diff: 2

Page Reference: 175

Topic: The Circadian Rhythm: The Cycle of Everyday Life

Skill: Factual

- 15) The hypothalamus controls the**
- a. hypnotic suggestibility ratio.
 - b. sleep–wake cycle.
 - c. frequency of nightmares.
 - d. growth hormones that occur during sleep.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-15

Diff: 2

Page Reference: 175-176

- 16) The sleep–wake cycle is ultimately controlled by the part of the brain called the**
- a. optical nerve.
 - b. frontal lobe.
 - c. hypothalamus.
 - d. median forebrain bundle.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-16

Diff: 2

Page Reference: 175-176

Topic: The Circadian Rhythm: The Cycle of Everyday Life

Skill: Factual

- 17) Where is the suprachiasmatic nucleus (SCN) located?**
- a. Thalamus
 - b. Cerebellum
 - c. Basal ganglia
 - d. Hypothalamus

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-17

Diff: 2

Page Reference: 175-176

Topic: The Circadian Rhythm: The Cycle of Everyday Life

Skill: Factual

- 18) Circadian rhythms are controlled by the**
- a. pineal gland.
 - b. suprachiasmatic nucleus.
 - c. thalamus.
 - d. hippocampus.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-18

Diff: 1

Page Reference: 175-176

Topic: The Circadian Rhythm: The Cycle of Everyday Life

Skill: Factual

19) _____, a hormone involved in the regulation of circadian rhythms, is secreted by the pineal gland.

- a. Serotonin
- b. Testosterone
- c. Estrogen
- d. Melatonin

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-19

Diff: 2

Page Reference: 175-176

Topic: The Circadian Rhythm: The Cycle of Everyday Life

Skill: Factual

20) SCN stands for

- a. serotoninchiasmatic nucleus.
- b. suprachiasmatic nucleus.
- c. serotonin controlled nucleus.
- d. sleep control nucleus.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-20

Diff: 2

Page Reference: 175

Topic: The Circadian Rhythm: The Cycle of Everyday Life

Skill: Factual

21) The hormone melatonin reaches peak levels in the body during the

- a. morning.
- b. early evening.
- c. afternoon.
- d. night.

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-21

Diff: 3

Page Reference: 175-176

Topic: The Circadian Rhythm: The Cycle of Everyday Life

Skill: Factual

22) Melatonin is a

- a. stimulant.
- b. hormone.
- c. depressant.
- d. sleeping pill.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-22

Diff: 2

Page Reference: 175-176

Topic: The Circadian Rhythm: The Cycle of Everyday Life

Skill: Factual

- 23) Melatonin is to _____ as an aspirin is to _____.
- a. nausea; nightmare
 - b. insomnia; headache
 - c. nightmare; blood clots
 - d. apnea; blood thinner

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-23

Diff: 3

Page Reference: 175-176

Topic: The Circadian Rhythm: The Cycle of Everyday Life

Skill: Conceptual

- 24) We spend the greatest amount of time engaged in what altered state of consciousness?

- a. Sleeping
- b. Out-of-body experiences
- c. Dreaming
- d. Under the influence of drugs

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-24

Diff: 2

Page Reference: 175

Topic: The Biology of Sleep

Skill: Conceptual

- 25) Sid is taking part in research on the effects of sleep deprivation; he has been without sleep for 75 hours. Right now researchers have asked him to sit in front of a computer screen and hit a button each time he sees the letter *S* on the screen. A few days ago, Sid was a whiz at this task; however, he is doing very poorly today. How are sleep researchers likely to explain Sid's poor performance?

- a. Due to the sleep deprivation, Sid does not understand the task.
- b. He has accumulated a "sleep debt" that impedes his learning, attention, and reaction time.
- c. He is determined to ruin the research because of the suffering he is enduring at the hands of the researchers.
- d. He is probably dreaming that he is somewhere else and has no interest in responding to the "here and now."

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-25

Diff: 3

Page Reference: 176

Topic: The Circadian Rhythm: The Cycle of Everyday Life

Skill: Conceptual

- 26) According to research on sleep deprivation, a moderate amount of sleep loss**
- a. is still a serious problem.
 - b. is not a problem at all.
 - c. only is a problem for women, not men.
 - d. does not affect people older than age 50.

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-26

Diff: 2

Page Reference: 176

Topic: The Circadian Rhythm: The Cycle of Everyday Life

Skill: Conceptual

- 27) All of the following result from sleep deprivation except**
- a. droopy eyelids.
 - b. irritability.
 - c. hyperalertness.
 - d. cognitive impairment.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-27

Diff: 3

Page Reference: 176

Topic: The Circadian Rhythm: The Cycle of Everyday Life

Skill: Conceptual

- 28) Which of the following can be an emotional symptom of sleep deprivation?**
- a. Hyperactivity
 - b. Cheerfulness
 - c. Depression
 - d. Nausea

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-28

Diff: 3

Page Reference: 176

Topic: The Circadian Rhythm: The Cycle of Everyday Life

Skill: Conceptual

- 29) Even though sleep research suggests that most college students require approximately _____ hours of sleep nightly, they often get _____ hours.**
- a. 9; 8
 - b. 9; 6
 - c. 7; 6
 - d. 10; 8

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-29

Diff: 2

Page Reference: 176

Topic: The Circadian Rhythm: The Cycle of Everyday Life

Skill: Factual

30) The human circadian rhythm can be disrupted by

- a. sleep deprivation.
- b. working the late shift.
- c. jet lag.
- d. all of the above.

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-30

Diff: 1

Page Reference: 175-176

Topic: The Circadian Rhythm: The Cycle of Everyday Life

Skill: Factual

31) Nathan was a psychologist in the 1930s. Which of the following would best represent his understanding of what happened inside the brain during sleep?

- a. Humans, unlike animals, experience REM sleep but both experience non-REM sleep.
- b. Nothing interesting happens as humans sleep through the night.
- c. Humans pass through five distinct stages of sleep.
- d. Neurons fire and create the biological underpinnings of dreams and nightmares as we sleep.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-31

Diff: 3

Page Reference: 176

Topic: Stages of Sleep

Skill: Conceptual

32) Jim has just taken a flight from Vancouver to Halifax, which is a 4 hour time difference. He finds he falls asleep easily when he arrives, but when he wakes up the next morning at 8:00am, he is exhausted as it feels like 4:00am to him. What is the likely source of disruption to Jim's circadian rhythm?

- a. Working late shifts
- b. Jet lag
- c. Sleep paralysis
- d. Insomnia

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-32

Diff: 1

Page Reference: 176

Topic: The Circadian Rhythm: The Cycle of Everyday Life

Skill: Applied

33) We are especially likely to experience jet lag when we travel

- a. west.
- b. east.
- c. shorter flights.
- d. longer flights.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-33

Diff: 2

Page Reference: 176

Topic: The Circadian Rhythm: The Cycle of Everyday Life

Skill: Applied

34) Electrical activity in the brain during REM sleep is similar to

- a. sleep spindles and stage 2 sleep.
- b. brain activity during non-REM sleep.
- c. activity during periods of wakefulness.
- d. states of daydreaming.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-34

Diff: 2

Page Reference: 176-177

Topic: Stages of Sleep

Skill: Factual

35) As we sleep during the night, we spend the majority of our time in _____ sleep.

- a. REM
- b. stage 1
- c. stage 4
- d. stage 2

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-35

Diff: 2

Page Reference: 176-177

Topic: Stages of Sleep

Skill: Factual

36) Colleen is sleeping and is experiencing twitches in her legs and hands, and she has had the sensation that she is falling. What stage of sleep is associated with these experiences?

- a. Stage 1
- b. Stage 2
- c. Stages 3 & 4
- d. REM sleep

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-36

Diff: 2
Page Reference: 176-177
Topic: Stages of Sleep
Skill: Applied

37) Sudden muscle contractions experienced during Stage 1 sleep are called

- a. sleep spindles.
- b. myoclonic jerks.
- c. K-complexes.
- d. hypnagogic imagery.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-37

Diff: 2

Page Reference: 177

Topic: Stages of Sleep

Skill: Factual

38) Sleep research has continually shown that children spend more of their night getting deep sleep than do adults. This deep sleep corresponds to what stage(s) of sleep?

- a. Stages 3 and 4
- b. Stages 2 and 3
- c. Stage 3 and REM
- d. REM

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-38

Diff: 2

Page Reference: 177

Topic: Stages of Sleep

Skill: Conceptual

39) During what stage of sleep are we most likely to experience a vivid dream?

- a. Non-REM sleep
- b. Stage 2 sleep
- c. Paradoxical/REM sleep
- d. Stage 4 sleep

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-39

Diff: 2

Page Reference: 177-179

Topic: Stages of Sleep

Skill: Factual

40) Which device would a sleep researcher use to monitor a sleeping person's brain waves?

- a. Electromyograph (EMG)
- b. Electrocardiograph (EKG)
- c. Electro-oculograph (EOG)
- d. Electroencephalograph (EEG)

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-40

Diff: 2

Page Reference: 176-177

Topic: Stages of Sleep

Skill: Factual

- 41) If the EEG record reveals evidence of very small and very fast waves, you are likely to conclude that the sleeping person is
- really not sleeping and is awake.
 - in stage 1.
 - in stage 4.
 - in stage 2.

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-41

Diff: 3

Page Reference: 177

Topic: Stages of Sleep

Skill: Conceptual

- 42) You see an advertisement for a method of learning a foreign language that seems simple—just put on a tape and fall asleep. The accompanying description cites proof that people can learn while asleep. Being a good psychological detective, what question would you ask about the offered proof?
- Did the individuals actually dream about the foreign language?
 - What did the EEG indicate about the participants' level of sleep?
 - Did the researchers use only long sleepers who would spend more time with the tapes?
 - Were study breaks included in the tape to provide greater comprehension of the material?

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-42

Diff: 3

Page Reference: 176-179

Topic: Stages of Sleep

Skill: Applied

- 43) REM sleep refers to
- dreamless sleep.
 - sleep induced by sleeping pills.
 - sleep periods in which sleepwalking is likely.
 - sleep periods in which a person's eyes move rapidly.

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-43

Diff: 2

Page Reference: 177-179

Topic: Stages of Sleep

Skill: Factual

- 44) You are watching sleep researchers monitor the sleep of a normal adult. The participant is hooked up to an EEG. What brain waves would you observe as the person becomes drowsy and then enters the first stage of sleep?
- Alpha eventually replaced by delta
 - Alpha eventually replaced by delta
 - Alpha eventually replaced by theta
 - Delta eventually replaced by beta

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-44

Diff: 3

Page Reference: 177

Topic: Stages of Sleep

Skill: Applied

- 45) What term do sleep researchers use to designate stages 1–4 of sleep?
- REM
 - Non-REM sleep
 - REM sleep
 - Paradoxical sleep

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-45

Diff: 2

Page Reference: 177

Topic: Stages of Sleep

Skill: Factual

- 46) If the EEG record reveals evidence of sleep spindles, you are likely to conclude that the sleeping person is in which stage of sleep?
- REM
 - stage 1
 - stage 4
 - stage 2

Answer: d

Type: MC
Question ID: Lil 2ce 5.1-46
Diff: 2
Page Reference: 177
Topic: Stages of Sleep
Skill: Conceptual

- 47) Sleep spindles appear during _____ sleep.
- a. REM
 - b. stage 1
 - c. stage 4
 - d. stage 2

Answer: d

Type: MC
Question ID: Lil 2ce 5.1-47
Diff: 2
Page Reference: 177
Topic: Stages of Sleep
Skill: Factual

- 48) Your brain waves are being monitored in a sleep laboratory. If you are in deep sleep less than an hour after falling asleep, what brain waves will be detected?
- a. Beta
 - b. Alpha
 - c. Theta
 - d. Delta

Answer: d

Type: MC
Question ID: Lil 2ce 5.1-48
Diff: 2
Page Reference: 177
Topic: Stages of Sleep
Skill: Conceptual

- 49) Short, rhythmic bursts of brainwave activity that appear during stage 2 sleep are called
- a. delta waves
 - b. beta waves
 - c. paradoxical sleep waves
 - d. sleep spindles

Answer: d

Type: MC
Question ID: Lil 2ce 5.1-49
Diff: 2
Page Reference: 177
Topic: Stages of Sleep
Skill: Factual

- 50) The stage of sleep in which delta waves begin to appear is _____ sleep.

- a. stage 1
- b. stage 2
- c. stage 3
- d. stage 4

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-50

Diff: 2

Page Reference: 177

Topic: Stages of Sleep

Skill: Factual

51) The deepest stage of sleep is _____ sleep.

- a. stage 1
- b. stage 2
- c. stage 3
- d. stage 4

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-51

Diff: 2

Page Reference: 177

Topic: Stages of Sleep

Skill: Factual

52) The stage of sleep marked by the production of very slow delta waves is _____ sleep.

- a. REM
- b. stage 1
- c. stage 4
- d. stage 2

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-52

Diff: 2

Page Reference: 177

Topic: Stages of Sleep

53) Stage 4 sleep is marked by _____ waves.

- a. alpha
- b. beta
- c. theta
- d. delta

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-53

Diff: 2

Page Reference: 177

Topic: Stages of Sleep

Skill: Factual

54) People in stage 4 sleep

- a. dream all the time.
- b. are hard to wake up.
- c. are easy to wake up.
- d. hallucinate.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-54

Diff: 2

Page Reference: 177

Topic: Stages of Sleep

Skill: Conceptual

55) Lynne has just fallen asleep, and appears to have awakened with a start, reporting that she thinks she just saw a ghost hovering by the end of her bed. What is a likely explanation for her behaviour?

- a. She was experiencing K-complexes during Stage 2 sleep, which is associated with visual disturbances.
- b. She was in REM sleep and was dreaming of ghosts like what she had seen in a movie earlier that night.
- c. She was in Stage 1 sleep and experienced a myoclonic jerk and hypnagogic imagery.
- d. She was having a non-REM dream that was more like fleeting sleep images.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-55

Diff: 3

Page Reference: 177

- 56) Jemele has decided to remain awake two hours more than normal so that she can study for her British Literature exam. She also plans to wake one and a half hours earlier than normal to resume studying. This change in her sleep pattern will have the *biggest* effect on the amount of _____ sleep she gets.
- a. Stage 2
 - b. Stage 3
 - c. REM
 - d. Stage 4

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-56

Diff: 3

Page Reference: 177-179

Topic: Stages of Sleep

Skill: Applied

- 57) **The human sleep cycle repeats itself approximately every**
- a. 45 minutes.
 - b. 60 minutes.
 - c. 120 minutes.
 - d. 90 minutes.

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-57

Diff: 1

Page Reference: 177

Topic: Stages of Sleep

Skill: Factual

- 58) Curtis has been getting only four hours of sleep a night during final exams because he didn't prepare like he should have during the semester. Upon returning home for the summer, he experiences intense dreams for three nights as he gets his more typical seven and a half hours of nightly sleep. Curtis is most likely experiencing
- a. dissociation.
 - b. REM rebound.
 - c. sleep paralysis.
 - d. narcoleptic seizures.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-58

59) What relatively rare sleep disorder involves people acting out the movements and events of their dreams?

- a. REM behaviour disorder
- b. Insomnia
- c. Narcolepsy
- d. Sleep apnea

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-59

Diff: 3

Page Reference: 179

Topic: Stages of Sleep

Skill: Conceptual

60) Which of the following is not associated with REM sleep?

- a. Rapidly darting eye movements
- b. Muscle contractions associated with dream content
- c. REM rebound following sleep deprivation
- d. Middle ear muscle activity

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-60

Diff: 2

Page Reference: 177-179

Topic: Stages of Sleep

Skill: Factual

61) Upon waking, Carrie reports short “sleep thoughts” about her upcoming statistics project. Carrie’s dreams are associated with what stage of sleep?

- a. REM
- b. non-REM
- c. Stage 3
- d. Stage 1

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-61

Diff: 2

Page Reference: 177-179

62) Which of the following is true about dolphins and sleep?

- a. Dolphins sleep with one of their brain’s hemispheres sleep and the other awake.
- b. Sleep patterns in dolphins closely resemble humans, including experiencing REM sleep.
- c. Dolphins have two stages of sleep associated with both theta and delta waves brainwaves.
- d. Dolphins have similar sleep patterns as humans, with the exception of a lack of muscle paralysis during sleep.

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-62

Diff: 3

Page Reference: 179

Topic: Lucid Dreaming

Skill: Factual

- 63) Les is a 54 year old man who has a condition called _____ that causes him to act out his dreams even though he remains asleep.**
- a. night terrors
 - b. lucid dreaming
 - c. REM behaviour disorder
 - d. sleep paralysis

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-63

Diff: 2

Page Reference: 179

Topic: Stages of Sleep

Skill: Applied

- 64) Geoff is reading the science section of the newspaper. He should be most skeptical of which of the following headlines?**
- a. Feeling bad? Angry? Dream your problems away.
 - b. Researcher claims dreaming not limited to deep sleep.
 - c. Gender differences in dream content found again.
 - d. Sight restored in dreams for man blinded in recent accident.

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-64

Diff: 3

Page Reference: 179

Topic: Lucid Dreaming

Skill: Applied

- 65) Fletcher is having a dream where he is ship-wrecked out at sea. He encounters some pirates who end up saving him and transporting him to a tropical island where he is the newest member on the new season of Survivor. Fletcher is likely having what type of dream?**
- a. Non-REM dream
 - b. Lucid dream
 - c. REM dream
 - d. Hypnagogic imagery

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-65

Diff: 2

Page Reference: 178-179

Topic: Stages of Sleep

Skill: Applied

- 66) Joanne falls asleep and seems to have several dreams involving things she needs to do, such as a research paper, grocery shopping, and dinner with her Mom. These dreams are short and always start off the same way. What type of dreams is Joanne experiencing?
- Non-REM dreams
 - REM dreams
 - Lucid dreams
 - Hypnagogic imagery

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-66

Diff: 2

Page Reference: 178-179

Topic: Stages of Sleep

Skill: Applied

- 67) Which of the following concepts most strongly challenges the conventional belief that one is either entirely awake and consciously aware or asleep and not consciously aware?
- Hypnosis
 - Sleepwalking
 - Dissociation
 - Lucid dreaming

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-67

Diff: 2

Page Reference: 179

Topic: Lucid Dreaming

Skill: Conceptual

- 68) _____ is associated with a knowledge that one is dreaming, bizarre or improbable imagery that alerts the dreamer of a dream, and the possibility of controlling our dreams.
- Sleep paralysis
 - REM rebound
 - Lucid dreaming
 - Narcolepsy

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-68

Diff: 1

Page Reference: 179

Topic: Lucid Dreaming

Skill: Factual

- 69) A psychologist or a psychiatrist is likely to diagnose one's difficulty in attaining adequate nightly sleep as a psychological disorder
- if it interferes with daily activities such as work and negatively impacts a person's health.
 - when it results from a deliberate choice, such as studying all night for an exam.

- c. even if it occurs relatively infrequently.
- d. only if the person feels that the lack of sleep is causing problems in other areas.

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-69

Diff: 2

Page Reference: 179

Topic: Disorders of Sleep

Skill: Conceptual

70) The most commonly experienced sleep disorder is

- a. insomnia.
- b. night terrors.
- c. narcolepsy.
- d. sleep apnea.

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-70

Diff: 1

Page Reference: 179-182

Topic: Disorders of Sleep

Skill: Factual

71) Joaquin frequently experiences difficulty staying asleep through the night. He has no problem falling asleep initially, but recently he has experienced problems with waking up and then returning to sleep after receiving a new promotion at work approximately three weeks ago. Joaquin is most likely to be diagnosed as suffering from

- a. nightmares.
- b. insomnia.
- c. REM behaviour disorder.
- d. sleep apnea.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-71

Diff: 2

Page Reference: 179-182

Topic: Disorders of Sleep

Skill: Applied

72) Which of the following is not a reported cause of insomnia?

- a. Relationship problems
- b. Depression
- c. Chronic pain
- d. Drinking alcohol

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-72

Diff: 2

Page Reference: 179-180

Topic: Disorders of Sleep

Skill: Factual

- 73) If you have been waking up too early for several weeks, you are probably suffering from
- insomnia.
 - parasomnia.
 - hypersomnia.
 - reverse insomnia.

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-73

Diff: 2

Page Reference: 179-180

Topic: Disorders of Sleep

Skill: Conceptual

- 74) A sleep disorder characterized by difficulty in falling asleep or remaining asleep throughout the night is
- insomnia.
 - parasomnia.
 - hypersomnia.
 - reverse insomnia.

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-74

Diff: 2

Page Reference: 179-180

Topic: Disorders of Sleep

Skill: Factual

- 75) To treat your sleep problem you are told that you should not nap, you should set your alarm clock to wake up at the same time each day, and you should get out of bed if you cannot sleep. What sleep disorder have you been experiencing?
- Insomnia
 - Parasomnia
 - Hypersomnia
 - Reverse insomnia

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-75

Diff: 2

Page Reference: 179-180

Topic: Disorders of Sleep

Skill: Applied

- 76) Sleep research supports several recommendations to help combat insomnia. Which statement is not accurate?
- Don't try too hard to get to sleep.
 - In cases of insomnia, don't associate your bedroom with wakefulness.
 - Sleeping pills cure insomnia.

d. It is better to go to bed at about the same time every night.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-76

Diff: 2

Page Reference: 179-180

Topic: Disorders of Sleep

Skill: Factual

77) Sleep research supports several recommendations to avoid insomnia. Which of the following statements is not a helpful hint?

- a. Don't try too hard to get to sleep.
- b. In cases of insomnia, don't associate your bedroom with wakefulness.
- c. Try to nap as much as possible.
- d. It is better to go to bed at about the same time every night.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-77

Diff: 2

Page Reference: 179-180

Topic: Disorders of Sleep

Skill: Factual

78) Mary is experiencing insomnia. Which piece of advice would you give to help her deal with it?

- a. Take sleeping pills.
- b. Go to bed every night at the same time.
- c. Study in bed and then go immediately to sleep.
- d. Don't do anything but sleep in your bed.

Answer: d

Type: MC

Question ID:

Diff:

Page Reference: 179-180

Topic: Disorders of Sleep

Skill: Applied

79) Rebound insomnia refers to

- a. sleeping difficulties resulting from relationship troubles.
- b. sleeping difficulties caused by napping too much.
- c. sleeping difficulties resulting from not taking sleeping pills after long-standing use.
- d. excessive sleeping resulting from accumulated sleep debt.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-78

Diff: 3

Page Reference: 179-180

Topic: Disorders of Sleep

Skill: Applied

- 80) The difference between insomnia and apnea is that
- apnea affects primarily the elderly, whereas insomnia is characteristic of children.
 - insomnia is treatable but apnea is not.
 - insomnia is characterized by sleeplessness, whereas apnea is characterized by breathing difficulties.
 - apnea is a precursor to narcolepsy, whereas insomnia is not.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-80

Diff: 2

Page Reference: 179-182

Topic: Disorders of Sleep

Skill: Conceptual

- 81) A sleep disorder that may require the use of a machine to force air gently into the nasal passages is called
- sleep apnea.
 - insomnia.
 - narcolepsy.
 - cataplexy.

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-81

Diff: 2

Page Reference: 180-181

Topic: Disorders of Sleep

Skill: Factual

- 82) Jim is 56 years old and slightly overweight. His wife reports that he snores loudly. What sleep disorder seems to fit Jim's symptoms?
- Narcolepsy
 - Sleep apnea
 - Sleep terror
 - REM sleep behaviour

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-82

Diff: 2

Page Reference: 179-182

Topic: Disorders of Sleep

Skill: Applied

- 83) _____ is a disorder in which breathing briefly stops during sleep, causing the person to choke, gasp, and momentarily awaken.
- Sleep apnea
 - Insomnia
 - Narcolepsy
 - Non-REM sleep

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-83

Diff: 2

Page Reference: 179-182

Topic: Disorders of Sleep

Skill: Factual

- 84) Which of these individuals has the highest risk for having sleep apnea?
- John, 62 years old, who is overweight
 - Angela, 21 years old, who is depressed
 - Alicia, 42 years old, who is suffering from anorexia
 - Juan, 8 years old, who is experiencing episodes of enuresis

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-84

Diff: 2

Page Reference: 180-181

Topic: Disorders of Sleep

Skill: Applied

- 85) Sleep apnea is a disorder characterized by
- difficulty falling or remaining asleep.
 - nodding off without warning in the middle of the day.
 - difficulty breathing while asleep.
 - experiencing temporary paralysis immediately after waking up from sleep.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-85

Diff: 2

Page Reference: 180-181

Topic: Disorders of Sleep

Skill: Factual

- 86) Surgery to which organ in the body may relieve symptoms of apnea?
- Septum
 - Tonsils
 - Olfactory membrane
 - Auditory canal

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-86

Diff: 2

Page Reference: 180-181

Topic: Disorders of Sleep

Skill: Conceptual

- 87) What rare neurological condition, also known as Sleeping Beauty Disorder, results in excessive sleeping for weeks unless medicated?
- Narcolepsy
 - Kleine-Levin Syndrome
 - REM behaviour disorder
 - Cataplexy

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-87

Diff: 2

Page Reference: 181

Topic: Disorders of Sleep

Skill: Factual

- 88) Your friend has experienced excessive daytime sleepiness. He is laughing with you and suddenly falls to the ground. Your friend is probably suffering from
- narcolepsy.
 - parasomnia.
 - REM rebound.
 - sleep apnea.

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-88

Diff: 3

Page Reference: 179-182

Topic: Disorders of Sleep

Skill: Applied

- 89) You are telling a joke to your friend who is laughing uproariously and then suddenly collapses to the floor. You are not surprised to later learn that he has a sleep disorder known as
- enuresis.
 - narcolepsy.
 - sleep terror.
 - daytime insomnia.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-89

Diff: 2

Page Reference: 179-182

Topic: Disorders of Sleep

Skill: Applied

- 90) Which of the following statements might help you determine if an individual has narcolepsy?
- a. "I have difficulty getting to sleep."
 - b. "I don't have an adverse reaction to sleeping pills."
 - c. "I sometimes fall into a deep sleep in the middle of a conversation."
 - d. "When I get up in the morning, I have the feeling that I had really bad nightmares."

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-90

Diff: 2

Page Reference: 180

Topic: Disorders of Sleep

Skill: Conceptual

- 91) Narcolepsy occurs when
- a. REM sleep intrudes into wakefulness.
 - b. NREM sleep intrudes into wakefulness.
 - c. inadequate sleep occurs over a period of weeks.
 - d. inadequate levels of stage 4 sleep cause neurological damage.

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-91

Diff: 2

Page Reference: 180

Topic: Disorders of Sleep

- 92) Which of the following conditions would you least like the pilot flying your airplane to have?
- a. Enuresis
 - b. Narcolepsy
 - c. Sleep terror
 - d. Daytime insomnia

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-92

Diff: 3

Page Reference: 179-182

Topic: Disorders of Sleep

Skill: Applied

- 93) Which of the following is a suggested treatment for insomnia?
- a. Try to sleep only when tired.
 - b. Use an alarm clock to wake up in the morning.
 - c. Consume caffeine if planning to stay up late.
 - d. Remain in bed until you are able to fall asleep no matter how long it takes.

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-93

Diff: 2

Page Reference: 179-180

Topic: Disorders of Sleep

Skill: Factual

- 94) Ed often experiences an intense urge to sleep and has often fallen asleep for a few minutes while in business meetings, while driving, and talking on the phone. He is most likely to be diagnosed as suffering from
- sleepwalking and sleepwalking.
 - narcolepsy.
 - sleep apnea.
 - REM behaviour disorder.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-94

Diff: 1

Page Reference: 180

Topic: Disorders of Sleep

Skill: Applied

- 95) Mr. Colbert is meeting with his doctor to discuss treatments for his recently diagnosed narcolepsy. Which of the following is likely to be a part of his treatment regimen?
- Sleeping pills to promote deeper sleep
 - Taking medications to promote wakefulness
 - Exercise to promote weight loss
 - Maintaining a consistent sleep schedule

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-95

Diff: 2

Page Reference: 180

Topic: Disorders of Sleep

Skill: Conceptual

- 96) Which hormone plays a role in triggering sudden attacks of sleepiness?
- Oxytocin
 - Orexin
 - Melatonin
 - Estrogen

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-96

Diff: 3

Page Reference: 180

Topic: Disorders of Sleep

Skill: Factual

- 97) Janice has had difficulty sleeping in the past and has been taking sleeping pills for several months. She does not want to take these any longer, but finds that she is having a lot of trouble falling and staying asleep when she doesn't take the pills. Janice is experiencing

- a. rebound insomnia.
- b. REM behaviour disorder.
- c. sleep paralysis.
- d. sleep apnea.

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-97

Diff: 2

Page Reference: 179-180

Topic: Disorders of Sleep

- 98) Sudden loss of muscle tone associated with narcolepsy is called
- a. restless legs syndrome.
 - b. sleep paralysis.
 - c. cataplexy.
 - d. hypnic myoclonia.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-98

Diff: 2

Page Reference: 180

Topic: Disorders of Sleep

Skill: Factual

- 99) Cassie walks into her house on her birthday and a bunch of guests jump out and yell "Surprise!" She gasps, mumbles "I see the elephant!", and then drops to the floor and appears to be sleeping. Cassie suffers from what sleep disorder?
- a. REM behaviour disorder
 - b. Sleepwalking
 - c. Lucid dreaming
 - d. Narcolepsy

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-99

Diff: 3

Page Reference: 180

Topic: Disorders of Sleep

Skill: Applied

- 100) Which of the following statements is correct?
- a. Sleepwalking has never been used successfully as a murder defence.
 - b. There have been cases in which sleepwalking was a successful murder defence.
 - c. Sleepwalking in prisons is a common occurrence.
 - d. A famous lawyer reported that he tried a murder case while he was sleepwalking.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-100

Diff: 2

Page Reference: 181-182

Topic: Disorders of Sleep

Skill: Conceptual

- 101) Sleepwalking occurs most often during _____ sleep.
- a. REM
 - b. stage 2
 - c. stage 4
 - d. stage 1

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-101

Diff: 3

Page Reference: 181-182

Topic: Disorders of Sleep

Skill: Factual

- 102) Which of the following disorders is more common among children than among adults?
- a. Night terrors
 - b. Sleep apnea
 - c. Narcolepsy
 - d. Insomnia

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-102

Diff: 2

Page Reference: 179-182

Topic: Disorders of Sleep

Skill: Conceptual

- 103) Mario is overweight, and has been since he was a teenager, and has been diagnosed with sleep apnea. What is the first recommendation that Mario's doctor is likely to make to help treat the sleep apnea?
- a. Surgery to remove his tonsils
 - b. Change his eating or exercise habits to promote weight loss
 - c. Medication to help stimulate wakefulness
 - d. Develop and maintain a consistent sleep schedule

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-103

Diff: 2

Page Reference: 180-181

Topic: Disorders of Sleep

Skill: Applied

- 104) Albert is extremely obese and his family often complains of his snoring. During the night as he sleeps, he often stops breathing for a few seconds. As a result, his sleep is less restful because he awakens gasping for air. Albert clearly suffers from
- dissociation.
 - narcolepsy.
 - insomnia.
 - sleep apnea.

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-104

Diff: 2

Page Reference: 180-181

Topic: Disorders of Sleep

Skill: Applied

- 105) People with narcolepsy have abnormally few brain cells that produce
- melatonin.
 - lipochrome.
 - rhodopsin.
 - orexin.

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-105

Diff: 3

Page Reference: 180

Topic: Disorders of Sleep

Skill: Factual

- 106) Which of the following statements about night terrors is not accurate?
- Intense stress can lead to occasional night terrors.
 - They occur almost exclusively in adults.
 - They are usually associated with little to no memory of what happened.
 - They are associated with screaming, thrashing, sweating, and confusion.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-106

Diff: 2

Page Reference: 181

Topic: Disorders of Sleep

Skill: Conceptual

- 107) _____ is to acting out your dreams whereas _____ is to walking while asleep but engaging in relatively little activity otherwise.

- a. Night terrors; narcolepsy
- b. Sleepwalking; REM behaviour disorder
- c. REM behaviour disorder; sleepwalking
- d. Narcolepsy; night terrors

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-107

Diff: 2

Page Reference: 179, 181-182

Topic: Disorders of Sleep

Skill: Conceptual

108) Which of the following individuals is most likely to sleepwalk?

- a. A 10-year-old child
- b. A 24-year-old adult
- c. A 44-year-old adult
- d. A 64-year-old adult

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-108

Diff: 2

Page Reference: 181-182

Topic: Disorders of Sleep

Skill: Conceptual

109) Which statement about sleepwalking is incorrect?

- a. It is unsafe to wake up someone who is sleepwalking.
- b. Sleepwalking is most frequent in childhood.
- c. Sleepwalkers rarely remember their actions after waking up.
- d. Sleepwalkers are not acting out their dreams.

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-109

Diff: 2

Page Reference: 181-182

Topic: Disorders of Sleep

Skill: Conceptual

110) Which of the following statements about sleepwalking is not true?

- a. Sleepwalking can be triggered by stress.
- b. People with psychological problems are more likely to sleepwalk.
- c. Children are more likely than adults to sleepwalk.
- d. Sleepwalking occurs most often during non-REM sleep.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-110

Diff: 2
Page Reference: 181-182
Topic: Disorders of Sleep
Skill: Conceptual

- 111) Which of the following is consistent with cross-cultural patterns of dreaming?
- a. A dream of winning the lottery and being able to have everything you ever wanted.
 - b. Dreaming of getting in a fight with your best friend over plans that you cancelled.
 - c. A dream where you meet the love of your life and get married.
 - d. Those in traditional societies frequently dream of buildings and technology.

Answer: b
Type: MC
Question ID: Lil 2ce 5.1-111
Diff: 2
Page Reference: 182
Topic: Dreams
Skill: Conceptual

- 112) Which of the following statements on REM sleep and dreaming is true?
- a. Most dreams when we are younger contain more positive than negative emotions.
 - b. Women's dream content contains more emotion than do men's.
 - c. REM dreams are shorter and more repetitive than non-REM dreams.
 - d. Dreams involving aggressive feelings or actions are relatively rare.

Answer: b
Type: MC
Question ID: Lil 1e 6.1-112
Diff: 3
Page Reference: 182
Topic: Dreams
Skill: Factual

- 113) Anne was blind from birth, and Toby was blinded in a car accident at the age of 9. Which of the following statements is accurate with respect to their dreams?
- a. Both Anne and Toby are able to “see” in their dreams and experience visual imagery.
 - b. The things Anne dreams of remain child-like whereas Toby’s dreams aren’t constrained by his age.
 - c. Anne doesn’t experience visual imagery in her dreams whereas Toby does.
 - d. Neither Anne nor Toby experience visual imagery in their dreams because both have been blinded.

Answer: c
Type: MC
Question ID: Lil 2ce 5.1-113
Diff: 3
Page Reference: 182
Topic: Dreams
Skill: Applied

- 114) **Interest in understanding dreams can be traced back**
- a. many centuries.
 - b. to the research on REM sleep of Aserinsky and Kleitman.
 - c. to the work and theorizing of Sigmund Freud.
 - d. only about 30 years.

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-114

Diff: 2

Page Reference: 183

Topic: Freud's Dream Protection Theory

Skill: Factual

- 115) Freud's theoretical explanation about why we dream has received _____ empirical research support.
- a. substantial
 - b. mixed
 - c. little
 - d. increasing

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-115

Diff: 3

Page Reference: 183

Topic: Freud's Dream Protection Theory

Skill: Conceptual

- 116) The perspective that one's dreams contain more information than would be expected at first glance is most consistent with
- a. information processing theory.
 - b. dream protection theory.
 - c. activation synthesis theory.
 - d. dissociation theory.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-116

Diff: 3

Page Reference: 183

Topic: Freud's Dream Protection Theory

Skill: Conceptual

- 117) According to Freud, our sexual and aggressive impulses are transformed into symbols that represent _____ and how we wish things could be.
- a. latent content
 - b. manifest content
 - c. wish fulfillment
 - d. dream guardians

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-117

Diff: 1

Page Reference: 183

Topic: Freud's Dream Protection Theory

Skill: Factual

118) What theoretical explanation of dreams explains dreaming as resulting from normal neural transmission and interpretation?

- a. Activation-synthesis theory
- b. Dream protection theory
- c. Neurocognitive theory
- d. Information processing theory

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-118

Diff: 2

Page Reference: 184

Topic: Activation-Synthesis Theory

Skill: Conceptual

119) Freud believed that dreams

- a. stem from unconscious conflicts, memories, and desires.
- b. are sexual perversions.
- c. are reflections of consciousness.
- d. are ways to solve problems.

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-119

Diff: 2

Page Reference: 183

Topic: Freud's Dream Protection Theory

Skill: Factual

120) Freud's dream protection theory states that

- a. the purpose of dreaming is to express unconscious wishes, thoughts, and conflicts.
- b. there is no purpose to dreaming; dreams occur because of random brain stem signals.
- c. the purpose of dreaming is to resolve current concerns and problems.
- d. dreaming is a by-product of a process of eliminating or strengthening neural connections.

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-120

Diff: 2

Page Reference: 183

Topic: Freud's Dream Protection Theory

Skill: Conceptual

121) What two categories of dream content did Sigmund Freud describe?

- a. Poetic and realistic
- b. Literal and symbolic
- c. Latent and manifest
- d. Delusional and hallucinatory

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-121

Diff: 2

Page Reference: 183

Topic: Freud's Dream Protection Theory

Skill: Factual

122) Interpretation of the _____ content of a dream is expected to reveal the _____ content.

- a. latent; manifest
- b. manifest; latent
- c. manifest; sublimated
- d. metaphorical; denotative

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-122

Diff: 3

Page Reference: 183

Topic: Freud's Dream Protection Theory

Skill: Conceptual

123) According to Sigmund Freud, the important underlying meaning of our dreams is found in the

- a. deep content.
- b. latent content.
- c. manifest content.
- d. subliminal content.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-123

Diff: 2

Page Reference: 183

Topic: Freud's Dream Protection Theory

Skill: Conceptual

124) A newspaper advertisement describes a book that offers interpretations of dreams. In attempting to tell readers the meaning of the symbols of their dreams, the author intends to describe the

- a. deep content.
- b. latent content.
- c. manifest content.
- d. subliminal content.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-124

Diff: 3

Page Reference: 183

Topic: Freud's Dream Protection Theory

Skill: Applied

- 125) A client tells his therapist about a dream in which he drives his wife to the airport where she boards a plane. As the plane takes off, he is smiling. The therapist says the dream suggests a desire for a divorce. The therapist's interpretation represents what Sigmund Freud called the dream's
- a. deep content.
 - b. latent content.
 - c. manifest content.
 - d. subliminal content.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-125

Diff: 3

Page Reference: 183

Topic: Freud's Dream Protection Theory

Skill: Applied

- 126) Sigmund Freud would agree with all of the following except
- a. that dreams represent the unconscious.
 - b. that early memories could be found in dreams.
 - c. that the key to analyzing a dream will be found in the manifest content.
 - d. that dreams represent conscious rather than unconscious desires.

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-126

Diff: 3

Page Reference: 183

Topic: Freud's Dream Protection Theory

Skill: Conceptual

- 127) According to Freud, the visible, or directly observable, content of a dream is its _____ content.
- a. primary
 - b. manifest
 - c. secondary
 - d. latent

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-127

Diff: 1

Page Reference: 183

Topic: Freud's Dream Protection Theory

Skill: Factual

- 128) A client tells his therapist about a dream of riding on a train with his boss. At the end of the journey, the boss gets off the train at a terminal. The content of this dream, as related by the client to the therapist, is what Freud called its
- primary content.
 - manifest content.
 - secondary content.
 - latent content.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-128

Diff: 3

Page Reference: 183

Topic: Freud's Dream Protection Theory

Skill: Applied

- 129) A client tells his therapist about a dream of riding on a train with his boss. At the end of the journey, the boss gets off the train at a terminal. The therapist suggests that the "terminal" in the dream indicates an unconscious desire by the client to "terminate" his boss. This desire to terminate the boss, if it exists, would reflect what Freud called the _____ of the dream.
- primary content
 - manifest content
 - secondary content
 - latent content

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-129

Diff: 3

Page Reference: 183

Topic: Freud's Dream Protection Theory

Skill: Conceptual

- 130) According to the activation-synthesis theory of dreaming, the source of a dream is neuronal firing in
- Broca's area.
 - the cortex.
 - the lower brain stem.
 - the optical lobe.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-130

Diff: 3

Page Reference: 184

Topic: Activation-Synthesis Theory

Skill: Conceptual

- 131) How does the activation-synthesis hypothesis explain dreaming?
- The surfacing of repressed sexual urges
 - Biological attempts to make recent memories more permanent
 - The cortex making sense of signals from the brain stem

d. The use of elaborate symbolism to disguise “unthinkable” topics

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-131

Diff: 2

Page Reference: 184

Topic: Activation-Synthesis Theory

Skill: Conceptual

132) The best adjectives associated with the activation-synthesis hypothesis are

- a. bizarre, meaningless, and random.
- b. unconscious, symbolic, and meaningful.
- c. meaningful, problem oriented, and historical.
- d. intelligent, free, and neurotic.

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-132

Diff: 3

Page Reference: 184

Topic: Activation-Synthesis Theory

Skill: Conceptual

133) The activation-synthesis theory of dreaming states that

- a. the purpose of dreaming is to express unconscious wishes, thoughts, and conflicts.
- b. dreams are merely another kind of thinking; dreams occur because of random brain stem signals.
- c. the purpose of dreaming is to resolve current concerns and problems.
- d. dreaming is a by-product of a process of eliminating or strengthening neural connections.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-133

Diff: 3

Page Reference: 184

Topic: Activation-Synthesis Theory

Skill: Conceptual

134) The contention that dreams are a meaningful product of our cognitive capacities is argued by proponents of what dreaming theory?

- a. Dream protection theory
- b. Activation-synthesis theory
- c. Neurocognitive theory
- d. Activation-information model

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-134

Diff: 2

Page Reference: 184

Topic: Neurocognitive Perspectives on Dreaming

Skill: Factual

- 135) The lack of aggression or negative emotion in children's dreams, when compared with adult's dreams, is explained by
- underdeveloped latent aggressive impulses.
 - the lack of neurological structures associated with complex cognition.
 - less convoluted forebrain connections in the brain.
 - a deficit in the neurotransmitter acetylcholine.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-135

Diff: 3

Page Reference: 184

Topic: Neurocognitive Perspectives on Dreaming

Skill: Conceptual

- 136) Research has highlighted the importance of what region of the brain in the process of dreaming?
- Temporal lobe
 - Midbrain
 - Forebrain
 - Occipital lobe

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-136

Diff: 2

Page Reference: 184

Topic: Dreaming and the Forebrain

Skill: Factual

- 137) Which of the following is the number one most frequent dream theme?
- Being lost, late, or trapped
 - Sexual dreams
 - Injury or illness
 - Being chased or pursued

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-137

Diff: 2

Page Reference: 183

Topic: Freud's Dream Protection Theory

Skill: Factual

- 138) Which of the following research findings has not been used to challenge Freud's dream protection theory of dreaming?
- Dreams contain mostly positive content thus do not reflect sexual and aggressive instincts.
 - Sexual themes account for less than 10 percent of the dreams that we remember.
 - Dreams frequently are straightforward descriptions of events and problems and are not disguised.
 - Brain damaged patients who report they do not dream still sleep soundly.

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-138

Diff: 2

Page Reference: 183

Topic: Freud's Dream Protection Theory

Skill: Conceptual

- 139) Surges of the neurotransmitter _____ have been associated with activation of REM dreams.
- serotonin
 - norepinephrine
 - acetylcholine
 - melatonin

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-139

Diff: 3

Page Reference: 184-185

Topic: Activation-Synthesis Theory

Skill: Factual

- 140) In terms of dream theories, Hobson and McCarley are to _____ as Freud is to _____.
- dream protection; activation-synthesis
 - activation-synthesis; dream protection
 - lucid dreaming; the neurocognitive view
 - the neurocognitive view; dream protection

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-140

Diff: 2

Page Reference: 183-184

Topic: Freud's Dream Protection Theory & Activation-Synthesis Theory

Skill: Conceptual

- 141) Dwayne and his nine-year-old son are sitting at the breakfast table and talking about various things. The son mentions a dream he had about school. Dwayne mentions a bizarre dream he had the previous night. These differences in the content of dreams is best explained by
- neurocognitive theory.
 - dream protection theory.
 - sleep dissociation theory.
 - activation-synthesis theory.

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-141

Diff: 3

Page Reference: 183-184

Topic: Neurocognitive Perspectives on Dreaming

Skill: Applied

- 142) Which parts of the brain become more active during REM sleep?
- Forebrain
 - Pons and amygdala
 - Prefrontal cortex
 - The temporal lobe

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-142

Diff: 2

Page Reference: 184

Topic: Activation-Synthesis Theory

Skill: Factual

- 143) Which of the following statements is NOT true according to the neurocognitive perspective on dreaming?
- Dreams can be accounted for by neurotransmitter shifts and random neural impulses.
 - Children are unlikely to have complex or negative dreams due to developmental factors.
 - Complex dreams are cognitive achievements that parallel development and advanced cognitive abilities.
 - Dreams are often concerned with emotional concerns and everyday preoccupations.

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-143

Diff: 2

Page Reference: 184

Topic: Neurocognitive Perspectives on Dreaming

Skill: Conceptual

- 144) Individuals that endorse a neurocognitive view of dreaming would argue that _____ demonstrate that dreams are more than just random neural impulses.
- lucid dreams

- b. nightmares
- c. recurrent dreams
- d. sleepwalking

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-144

Diff: 3

Page Reference: 184

Topic: Neurocognitive Perspectives on Dreaming

Skill: Conceptual

- 145) Why do we dream? Some evidence points to the importance of dreaming in
- a. the integration and reorganization of memory.
 - b. protecting sleep from harmful instincts such as aggression.
 - c. achieving wish fulfillment.
 - d. transmitting information from the brain stem to the thalamus and forebrain.

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-145

Diff: 3

Page Reference: 182-185

Topic: Dreams

Skill: Conceptual

- 146) Getting an adequate amount of sleep, which also means that one is likely to dream, may be important in the process of
- a. avoiding accidents during the day.
 - b. physical growth and development.
 - c. integrating and organizing information within memory.
 - d. strengthening one's reasoning abilities and strategies.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-146

Diff: 2

Page Reference: 182-185

Topic: Dreams

Skill: Factual

- 147) Kerri has experienced sensations where she sees bugs crawling on her skin although there is nothing there. Her doctor decides to give her a brain scan, and notices that her _____ is just as active when she is having hallucinations as when she experiences this in reality.
- a. temporal lobe
 - b. somatosensory cortex
 - c. parietal lobe
 - d. visual cortex

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-147

Diff: 3

Page Reference: 186

Topic: Hallucinations: Experiencing What Isn't There

Skill: Applied

- 148) Carla reported observing herself help a pedestrian who had been hit by a taxicab driver from on top of a building awning 5 metres off the ground. This is an example of what altered state of consciousness?
- Out-of-body experience
 - Near-death experience
 - Dissociation
 - Hypnosis

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-148

Diff: 2

Page Reference: 186-187

Topic: Out-of-Body and Near-Death Experiences

Skill: Applied

- 149) One key criticism of claims of near-death experiences is that there are often multiple explanations for the phenomena. This is an example of what key principle in critical thinking?
- Ruling out rival hypotheses
 - Extraordinary claims require extraordinary evidence
 - Parsimony
 - Falsifiability

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-149

Diff: 3

Page Reference: 186-187

Topic: Out-of-Body and Near-Death Experiences

Skill: Conceptual

- 150) Not everyone claims to have had an out-of-body experience. What is one important factor that is associated with a self-reported out-of-body experience?
- A glitch in neural transmission within the brain
 - Neurological damage within one month prior to the first out-of-body experience
 - The release of endorphins within the brain
 - Loss of body awareness

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-150

Diff: 2

Page Reference: 186-187

Topic: Out-of-Body and Near-Death Experiences

Skill: Conceptual

- 151) Michelle claims that she often leaves her body and floats above her body, often during stressful events. Michelle experiences a phenomenon called _____.
- déjà vu experiences
 - out-of-body experiences

- c. sleep paralysis
- d. hallucinations

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-151

Diff: 2

Page Reference: 186-188

Topic: Out-of-Body and Near-Death Experiences

Skill: Applied

- 152) Having important life events replay quickly and being in a tunnel walking toward a bright light are common themes in
- a. out-of-body experiences.
 - b. near-death experiences.
 - c. hypnotic trances.
 - d. déjà vu experiences.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-152

Diff: 1

Page Reference: 186-188

Topic: Out-of-Body and Near-Death Experiences

Skill: Conceptual

- 153) Descriptions of near-death experiences tend to vary by
- a. person.
 - b. pleasantness.
 - c. culture.
 - d. all of the above.

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-153

Diff: 2

Page Reference: 186-188

Topic: Out-of-Body and Near-Death Experiences

Skill: Factual

- 154) Rather than accepting claims of near-death experiences (NDEs) as an example of an altered state of consciousness, Dr. Marvin Monroe asserts that many of the symptoms of NDEs are consistent with the physiological changes associated with a dying brain. His view is most similar to what general principle of critical thinking?
- a. Falsifiability
 - b. Replicability
 - c. Ruling out rival hypotheses
 - d. Extraordinary claims require extraordinary evidence

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-154

Diff: 3

Page Reference: 187-188

Topic: Out-of-Body and Near-Death Experiences

- 155) Raja is conducting research on altered states of consciousness. He notices that during his initial interviews fewer persons who reported negative near-death experiences are willing to come back and complete his battery of surveys than are persons who reported positive near-death experiences. This fact leads him to question whether the information collected by previous researchers truly explains what happens during near-death experiences or simply is biased toward those with positive experiences. This example demonstrates what principle of critical thinking?
- Ruling out rival hypotheses
 - Replicability
 - Extraordinary claims require extraordinary evidence
 - Correlation does not mean causation

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-155

Diff: 2

Page Reference: 187-188

Topic: Out-of-Body and Near-Death Experiences

Skill: Conceptual

- 156) Cultural variations in the features of near-death experiences suggest that
- NDEs provide a genuine glimpse of the afterlife for those that experience them.
 - NDEs are constructed from prevalent beliefs about the hereafter in response to the threat of death.
 - NDEs in Eastern cultures involve more “hellish” imagery relative to the life review experienced by those in Western cultures.
 - while there are cultural differences, the sense of experiencing the “light at the end of the tunnel” appears to be cross-cultural.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-156

Diff: 3

Page Reference: 187-188

Topic: Out-of-Body and Near-Death Experiences

Skill: Conceptual

- 157) Physiological explanations for near-death experiences include all of the following except
- electrical stimulation of the brain’s temporal lobes.
 - lack of oxygen to the brain.
 - psychedelic or anesthetic drugs.
 - massive release of acetylcholine in the brain.

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-157

Diff: 2

Page Reference: 187-188

Topic: Out-of-Body and Near-Death Experiences

Skill: Factual

- 158) Enrico claims that déjà vu is evidence of a memory from one's past life. This claim violates which principle of critical thinking?

- a. Falsifiability
- b. Parsimony
- c. Ruling out rival hypotheses
- d. Replicability

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-158

Diff: 3

Page Reference: 188

Topic: Déjà Vu Experiences

Skill: Conceptual

159) Which altered state of consciousness might be due to the combination of distraction and nonconscious information processing?

- a. Hypnosis
- b. Déjà vu experiences
- c. Out-of-body experiences
- d. Near-death experiences

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-159

Diff: 2

Page Reference: 188

Topic: Déjà Vu Experiences

Skill: Factual

160) Which of the following individuals is most likely to report experiencing déjà vu illusions?

- a. Mary, a 20 year old political science major who travels all over the world studying liberalism and globalization.
- b. Jennifer, a 33 year old child and youth care worker who strongly believes in her Christian faith.
- c. Marcus, a 55 year old bus-driver who has not ever travelled outside of Alberta.
- d. Larry, a 37 year old environmentalist who has his Masters degree but has trouble remembering his dreams.

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-160

Diff: 3

Page Reference: 188

Topic: Déjà Vu Experiences

Skill: Applied

161) Which of the following explanations for déjà vu is unfalsifiable?

- a. Small seizures in the right temporal lobe lead to feelings of familiarity.
- b. There is an excess of the neurotransmitter dopamine in the temporal lobes.
- c. Feelings of familiarity stem from memories of past lives and experiences.
- d. Déjà vu may be related to previously experienced situations that we may not have consciously processed.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-161

Diff: 3

Page Reference: 188

Topic: Déjà Vu Experiences

Skill: Conceptual

- 162) Excess of what neurotransmitter in the temporal lobes has been associated with déjà vu experiences?
- a. Acetylcholine
 - b. Serotonin
 - c. Endorphin
 - d. Dopamine

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-162

Diff: 3

Page Reference: 188

Topic: Déjà Vu Experiences

Skill: Factual

- 163) Fiona enters her friend's house but suddenly has the brief sense that she has never been there before and everything feels unfamiliar. Fiona is likely having
- a. an out-of-body experience.
 - b. a déjà vu experience.
 - c. an episode of astral projection.
 - d. a jamais vu experience.

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-163

Diff: 3

Page Reference: 188-189

Topic: Déjà Vu Experiences

Skill: Applied

- 164) _____ refers to suggestive techniques for altering a person's perceptions, thoughts, or beliefs about one's self.
- a. Meditation
 - b. Perceptual sets
 - c. Hypnosis
 - d. Déjà vu

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-164

Diff: 1

Page Reference: 189

Topic: Hypnosis

Skill: Factual

- 165) The key to hypnotic induction is related to
- a. the gender of the person doing the hypnotizing.
 - b. education.
 - c. state of suggestibility.

d. time of day.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-165

Diff: 2

Page Reference: 189

Topic: Hypnosis

Skill: Conceptual

- 166) Which of the following general statements best expresses your text's authors' view of the general public's knowledge and understanding of hypnosis?
- The general public is not well informed about the scientific developments regarding hypnosis.
 - The general public, as well as the scientific community, believes that hypnosis is a true altered state of conscious.
 - The general public is well informed about the scientific developments regarding hypnosis.
 - The general public recognizes and understands the limitations of hypnosis as memory recall technique.

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-166

Diff: 2

Page Reference: 189-192

Topic: Hypnosis

Skill: Conceptual

- 167) Contrary to popular public opinion regarding hypnosis, people can
- experience a total lack of situational awareness when in a hypnotic state.
 - resist and oppose hypnotic suggestions at will.
 - forget what happened while hypnotized.
 - experience highly enhanced memory for situational details when hypnotized.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-167

Diff: 3

Page Reference: 189-192

Topic: Hypnosis

Skill: Factual

- 168) What does the research evidence suggest about the relationship between hypnosis and sleep states?
- When people are hypnotized, it is like they are in effect dreaming within stage 1 and REM sleep.
 - When people are hypnotized, it is like they are in effect dreaming in REM sleep.
 - When people are hypnotized, it is a state that is entirely different from sleep.
 - When people are hypnotized, it is like they are in effect in deep stages 3 and 4 sleep.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-168

Diff: 2

Page Reference: 189-192

Topic: Hypnosis

Skill: Conceptual

- 169) Which of the following statements reflects one of the misconceptions about hypnosis?
- a. Amazing experiences in hypnotized subjects are likely due to suggestibility and stage whispers.
 - b. Brain waves of hypnotized subjects are not similar to those that are asleep.
 - c. Hypnotized people are fully aware of their surroundings.
 - d. Hypnosis improves memory and can help people recover memories of experiences they have forgotten.

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-169

Diff: 3

Page Reference: 189-192

Topic: Hypnosis

Skill: Conceptual

- 170) During public performances, hypnotists attempt to show that hypnosis is "real" by demonstrating its special powers. However, what most audience members fail to realize is that many of the phenomena can occur without receiving hypnotic suggestion. In these presentations, the hypnotists are most like
- a. acrobats and circus performers.
 - b. persons with ESP abilities.
 - c. magicians and illusionists.
 - d. con artists.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-170

Diff: 3

Page Reference: 189-192

Topic: Hypnosis

Skill: Conceptual

- 171) Audience members at hypnosis demonstrations are often amazed by seemingly extraordinary events. They seem to have failed to realize that the persons who are on stage demonstrating the power of hypnosis were selected for their
- a. gullibility.
 - b. reactivity.
 - c. suggestibility.
 - d. flexibility.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-171

Diff: 1

Page Reference: 189-192

Topic: Hypnosis

Skill: Factual

172) Sarah witnessed a robbery and is having difficulty clearly remembering the details of what the perpetrator looked like and what he said. She asks you if she should undergo hypnosis to help her to remember. Based on what you have learned in your psychology class, what would you advise her?

- a. Hypnosis has been associated with enhanced memory and it might help her feel more confident about her memories.
- b. Hypnosis is commonly used when victims can't remember the details of an offence and her lawyer will know of a good hypnotist that they keep on contract.
- c. While she might remember more information under hypnosis, it may not be accurate and hypnotically refreshed memories are not admissible in court.
- d. The memories recovered during hypnosis are reliable and arise even in the absence of suggestion.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-172

Diff: 3

Page Reference: 189-192

Topic: Hypnosis

Skill: Applied

173) Research on age-regression and past life regression therapeutic techniques suggests that

- a. they are more effective for male clients than for female clients in overcoming their psychological difficulties.
- b. they are effective techniques for individuals who experience physical or sexual abuse during childhood.
- c. they are excellent means for producing accurate recall and recollections during hypnosis.
- d. they say more about the patient's beliefs than about any true healing properties.

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-173

Diff: 2

Page Reference: 192-193

Topic: Hypnosis

Skill: Factual

174) The thoughts, feelings, behaviours, and experiences that occur during age regression or past life regression are

- a. best guesses.
- b. actively constructed.
- c. rarely accurate.
- d. all of the above.

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-174

Diff: 2

Page Reference: 192-193

Topic: Hypnosis

Skill: Factual

- 175) Which theory of hypnosis argues that hypnosis is not an altered or unique state of consciousness?
- a. Dissociation theory
 - b. Sociocognitive theory
 - c. Psychodynamic theory
 - d. Activation-synthesis theory

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-175

Diff: 3

Page Reference: 192-194

Topic: Hypnosis

Skill: Conceptual

- 176) What theory of hypnosis posits that individuals who are highly suggestible are simply responding to cues from the hypnotist rather than truly entering an altered state of consciousness?
- a. Demand characteristics theory
 - b. Unconscious motivation theory
 - c. Sociocognitive theory
 - d. Dissociation theory

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-176

Diff: 2

Page Reference: 192-194

Topic: Hypnosis

Skill: Conceptual

- 177) Hypnosis has been explained by all of the following factors except
- a. unconscious drives and motivations.
 - b. excessive activation of the frontal lobes.
 - c. receptivity to suggestion.
 - d. a willingness to overlook logical inconsistencies.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-177

Diff: 2

Page Reference: 192-194

Topic: Hypnosis

Skill: Factual

- 178) What theory of hypnosis would be best able to account for research findings that suggest that an individual can be consciously telling a researcher that placing one's hand in ice-cold water isn't painful while unconsciously tapping a button that indicates they are experiencing pain?
- a. Activation synthesis theory
 - b. Information processing theory
 - c. Sociocognitive theory
 - d. Dissociation theory

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-178

Diff: 2

Page Reference: 192-194

Topic: Hypnosis

Skill: Conceptual

- 179) Hypnosis theorists all agree that people who respond easily to hypnotists and hypnotherapists are
- faking.
 - gullible.
 - suggestible.
 - in an altered state of consciousness.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-179

Diff: 2

Page Reference: 190

Topic: Hypnosis

Skill: Factual

- 180) The use of hypnosis seems to be an effective treatment option for all of the following types of conditions except
- therapies for anxiety.
 - serious psychological problems.
 - pain.
 - habit disorders like smoking.

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-180

Diff: 3

Page Reference: 190

Topic: Hypnosis

Skill: Factual

- 181) The effects of psychoactive drugs on people's thoughts and behaviours are determined by
- their genetic makeup.
 - their beliefs about the effects of the drugs.
 - their cultural background.
 - all of the above.

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-181

Diff: 1

Page Reference: 195-197

Topic: Substance Abuse and Dependence

Skill: Factual

- 182) Opiates are associated with a sense of euphoria, decreased pain, and relaxation or sleepiness. Which of the following is not an opiate drug?

- a. Codeine
- b. Morphine
- c. Marijuana
- d. Heroin

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-182

Diff: 3

Page Reference: 195

Topic: Drugs and Consciousness

Skill: Factual

- 183) Societal commentators have long lamented the misery and difficulties associated with the misuse of
- a. cocaine.
 - b. methamphetamine.
 - c. tobacco.
 - d. alcohol.

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-183

Diff: 3

Page Reference: 197

Topic: Depressants

Skill: Factual

- 184) Even though many assume that alcohol is primarily a _____, it is, in fact, primarily a(n) _____.
- a. depressant; psychedelic
 - b. stimulant; depressant
 - c. stimulant; opiate
 - d. depressant; stimulant

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-184

Diff: 3

Page Reference: 197-198

Topic: Depressants

Skill: Conceptual

- 185) Sandy has been out at a wine bar with her friends, and has consumed about 4 glasses of red wine. She is having some trouble coordinating her movements and her thoughts and speech are becoming incoherent. Which of the following statements about the effects of alcohol apply to Sandy's situation?
- a. Sandy's blood alcohol content (BAC) is probably still low as she is in a good mood and can still walk.
 - b. Alcohol is acting like an emotional and physiological stimulant for Sandy at this point.
 - c. Sandy is experiencing the sedative and depressant effects of alcohol and likely has a BAC of around .10.

d. Sandy must have a very high blood alcohol level because she is experiencing a mixture of sedative and stimulating effects.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-185

Diff: 3

Page Reference: 197-198

Topic: Depressants

Skill: Applied

- 186) Dr. LaBlatz and Dr. Kookanee are conducting a study on the effects of alcohol consumption on gambling behaviour. They have four groups of participants that are told the following: 1) they will be consuming alcohol and are given alcohol, 2) they will be consuming alcohol but are given a placebo, 3) they will not be consuming alcohol and are given alcohol, and 4) they will not be consuming alcohol and are given a placebo. What type of design are the researchers using?
- a. Single-blind controlled trials design
 - b. Correlational design
 - c. Expectancy bias design
 - d. Balanced placebo design

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-186

Diff: 3

Page Reference: 197-199

Topic: Depressants

Skill: Applied

- 187) Behaviours such as aggression, flirting, and crying or extreme sadness while using alcohol result primarily from
- a. physiological effects of the alcohol.
 - b. physiological effects of the alcohol in combination with gender role differences.
 - c. an individual's expectancies about the effects of alcohol.
 - d. one's genetic characteristics and how they interact with alcohol consumption.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-187

Diff: 3

Page Reference: 197-199

Topic: Depressants

Skill: Conceptual

- 188) _____ occurs when people require larger amounts of a drug to experience the same effects experienced during their initial usage.
- a. Satiety
 - b. Psychological withdrawal
 - c. Tolerance
 - d. Physical withdrawal

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-188

Diff: 2

Page Reference: 195-197

Topic: Substance Abuse and Dependence

Skill: Conceptual

- 189) Which of the following drugs has a very specific set of serious withdrawal symptoms?
- Alcohol
 - Marijuana
 - LSD
 - Tobacco

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-189

Diff: 3

Page Reference: 195-197

Topic: Substance Abuse and Dependence

Skill: Factual

- 190) Use of alcohol or other drugs to “self-medicate” and relieve anxiety is explained by _____.
- the tension reduction hypothesis.
 - psychological dependence.
 - an addictive personality.
 - withdrawal syndromes.

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-190

Diff: 2

Page Reference: 196

Topic: Substance Abuse and Dependence

Skill: Conceptual

- 191) Which class of psychoactive drugs works by increasing activity within the nervous system?
- Opiates
 - Psychedelics
 - Depressants
 - Stimulants

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-191

Diff: 2

Page Reference: 199-200

Topic: Stimulants

Skill: Factual

- 192) Tobacco is often used to
- appear more sophisticated.
 - increase feelings of anxiety.
 - enhance feelings of sexual pleasure.

d. reduce feelings of anxiety.

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-192

Diff: 1

Page Reference: 199-200

Topic: Stimulants

Skill: Factual

193) The most powerful natural stimulant is

- a. tobacco.
- b. LSD.
- c. cocaine.
- d. marijuana.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-193

Diff: 2

Page Reference: 199-200

Topic: Stimulants

Skill: Conceptual

194) If someone is experiencing difficulty sleeping, like with insomnia, he or she may go to a family doctor. What type of drug is the doctor most likely to prescribe to assist the person in falling asleep?

- a. Sedative-hypnotics
- b. Opiate-narcotics
- c. Stimulants
- d. Psychedelics

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-194

Diff: 3

Page Reference: 199

Topic: Depressants

Skill: Applied

195) Nicotine activates receptors sensitive to the neurotransmitter _____, and smokers report feelings of stimulation as well as relaxation and alertness.

- a. acetylcholine
- b. dopamine
- c. serotonin
- d. melatonin

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-195

Diff: 2

Page Reference: 199-200

Topic: Stimulants

Skill: Factual

- 196) What drug did Sigmund Freud use to treat morphine addiction?
- a. Cocaine
 - b. Methamphetamine
 - c. Heroin
 - d. Mescaline

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-196

Diff: 2

Page Reference: 199-200

Topic: Stimulants

Skill: Factual

- 197) The physical effects of _____ involve destroyed blood vessels, acne, weight loss, tremors, and dental problems.
- a. cocaine
 - b. methamphetamine
 - c. heroin
 - d. mescaline

Answer: b

Type: MC

Question ID: Lil 2ce 5.1-197

Diff: 2

Page Reference: 199-200

Topic: Stimulants

Skill: Conceptual

- 198) Which of the following people is least likely to become addicted to the opiate drugs he or she is using?
- a. Demetria, who uses heroin frequently to avoid the painful withdrawal symptoms.
 - b. Trevor, who desires the extreme euphoria and high he gets when using OxyContin.
 - c. Phyllis, who is using morphine to help control her pain levels after a recent surgery.
 - d. Xavier, who is using them to forget about the problems in his social and work life.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-198

Diff: 3

Page Reference: 201

Topic: Narcotics

Skill: Conceptual

- 199) What general category of drug is used in the controlling of pain?
- a. Depressants and sedative-hypnotics
 - b. Psychedelics
 - c. Opiate narcotics
 - d. Stimulants

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-199

Diff: 1

Page Reference: 201

Topic: Narcotics

Skill: Conceptual

- 200) Symptoms like abdominal cramps, vomiting, drug cravings, yawning, runny nose, sweating, and chills are associated with _____.
- methamphetamine use.
 - amotivational syndrome.
 - heroin withdrawal syndrome.
 - cocaine psychosis.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-200

Diff: 2

Page Reference: 201

Topic: Narcotics

Skill: Conceptual

- 201) Which type of drug could also be labelled "hallucinogenics"?
- Psychedelics
 - Stimulants
 - Narcotics
 - Depressants

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-201

Diff: 2

Page Reference: 201

Topic: Psychedelics

Skill: Factual

- 202) What is the most frequently used illegal drug in Canada?
- Marijuana
 - Methamphetamine
 - Cocaine
 - Alcohol

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-202

Diff: 1

Page Reference: 201-202

Topic: Psychedelics

Skill: Factual

- 203) The experiencing of a high is most strongly enhanced by learning and/or expectancies with
- tobacco.

- b. methamphetamine.
- c. cocaine.
- d. marijuana.

Answer: d

Type: MC

Question ID: Lil 2ce 5.1-203

Diff: 2

Page Reference: 201-202

Topic: Psychedelics

Skill: Factual

- 204) Legitimate concerns about the long-term hazards of marijuana include all of the following except
- a. marijuana use may trigger schizophrenia in people with a personal or family history of the disorder.
 - b. marijuana is a 'gateway' drug that may lead people to try more serious drugs.
 - c. marijuana is linked to amotivational syndrome, personality degeneration and destructive behaviour.
 - d. high doses of marijuana are associated with short-term memory disturbances but it is unclear how marijuana impacts memory over time.

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-204

Diff: 3

Page Reference: 201-202

Topic: Psychedelics

Skill: Conceptual

- 205) With the use of even the tiniest amounts of which of the following drugs would a person experience extreme changes in perceptions and consciousness?
- a. LSD
 - b. Cocaine
 - c. Marijuana
 - d. Alcohol

Answer: a

Type: MC

Question ID: Lil 2ce 5.1-205

Diff: 2

Page Reference: 202-203

Topic: Psychedelics

Skill: Conceptual

- 206) What drug was once investigated for use as a possible mind control device by the CIA in the United States?
- a. Heroin
 - b. Marijuana
 - c. LSD
 - d. Cocaine

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-206

Diff: 2

Page Reference: 202-203

Topic: Psychedelics

Skill: Factual

207) What drug has both stimulant and hallucinogenic properties?

- a. Heroin
- b. Marijuana
- c. Ecstasy
- d. Cocaine

Answer: c

Type: MC

Question ID: Lil 2ce 5.1-207

Diff: 2

Page Reference: 202-203

Topic: Psychedelics

Skill: Factual