

Name: _____

Date: _____

Psychology 101 Exam 3 (April 22, 2008)
Rice University, Spring 2008

“On my honor, I have neither given nor received aid on this exam”

Part 1: Multiple Choice (40 questions worth 2 points each; answer all of them)

1. Which reflex is elicited by stroking the infant's cheek lightly causing the infant to turn his or her head and start trying to suck?
 - a) Babinski
 - b) Rooting
 - c) Plantar
 - d) Moro
 - e) Withdrawal

2. Infants who tend to show a(n) _____ response typically respond positively to new situations or stimuli.
 - a) Easy
 - b) Withdrawal
 - c) Difficult
 - d) Approach
 - e) Happy

3. In general, it is accurate to state that bodily control progresses from the _____.
 - a) arms to the trunk
 - b) center of the body to the periphery
 - c) trunk to the head
 - d) legs to the arms
 - e) hands to the center of the body

4. The visual cliff experiment _____.
 - a) found that infants crawl to their mother even in the presence of a stranger
 - b) was deemed unethical by the APA
 - c) extended our knowledge concerning infant emotional development
 - d) indicated that infants prefer round faces to oval faces
 - e) determined that infants can perceive depth before they can talk

5. What is another name for mental structures that organize perceptual input and connect it to the appropriate responses?
 - a) Formal Operations
 - b) Accommodation

- c) Assimilation
 - d) Schemas
 - e) Cognition
6. Rosa, who is 13, wants to spend her babysitting money on something special, but she also wants to save some of the money to buy her brother a birthday gift. She is trying to decide the best way to spend her money. Which stage of cognitive development is Rosa in?
- a) Concrete Operations
 - b) Reversibility
 - c) Sensorimotor
 - d) Biophysical
 - e) Formal Operations
7. Which of the following statements is TRUE?
- a) The adult brain is far superior in understanding algebra compared to the adolescent brain.
 - b) The adolescent brain is better prepared to learn algebra than is the adult brain.
 - c) Adolescents are able to understand algebra but not geometry.
 - d) Adolescents are not able to grasp the rules that underlie algebra.
 - e) There is no difference between the adolescent and adult brains when it comes to algebra and geometry.
8. Three months after her little brother's death, Bernadette has to go back to school. She often daydreams about trying to prevent his death. Which phase of the grieving process is Bernadette going through?
- a) Phase 1
 - b) Phase 2
 - c) Phase 3
 - d) Phase 4
 - e) None of the above
9. The term _____ refers to the psychological and bodily response to a stimulus that alters one's equilibrium.
- a) pain
 - b) stress
 - c) illness
 - d) response
 - e) coping
10. The exhaustion phase can cause damage to the hippocampal cells, which affects _____.
- a) sex drive
 - b) growth
 - c) memory
 - d) general mood

- e) equilibrium
11. Jacinta finds applying for graduate school to be frustrating. She believes that the entire process is random. As such, this example highlights the role of _____ in coping.
- a) self-efficacy
 - b) self-monitoring
 - c) perceived control
 - d) action
 - e) optimism
12. Hans Selye pioneered a model that describes the body's response to stress. Which of the following choices reflect the three phases of his model?
- a) acute, chronic, and fight-or-flight
 - b) fight, flight, and panic
 - c) General Adaptation Syndrome
 - d) exhaustion, panic, and calm
 - e) alarm, resistance, and exhaustion
13. Olga has terminal cancer. According to the research, increasing her perceived control might _____ her stress.
- a) allow for an unchanged level of
 - b) cause dramatic fluctuations in
 - c) decrease
 - d) have an unknown impact on
 - e) increase
14. The component of the Type A personality that is particularly damaging to one's health is _____.
- a) psychoticism
 - b) hostility
 - c) neuroticism
 - d) a competitive achievement orientation
 - e) time urgency
15. Changes in the immune system are moderated by changes in the _____ nervous system.
- a) autonomic
 - b) NK
 - c) skeletal
 - d) sympathetic
 - e) parasympathetic
16. Libby believes that the future is up to her. She knows that she has control over what happens to her and sees every day as an opportunity to learn something new. Libby has a(n) _____ personality.

- a) melancholic
 - b) pessimistic
 - c) hardy
 - d) aggressive
 - e) all of the above
17. As we age, dendrites _____ and new connections among neurons _____.
- a) continue to grow; can develop
 - b) grow; diminish
 - c) remains constant; remains constant
 - d) diminish; decrease
 - e) decrease; can develop
18. In Harry Harlow's classic experiments where baby monkeys were separated from their mothers, the baby monkeys tended to prefer to cling to _____.
- a) a "mother" made of terry cloth that did not offer food
 - b) a "mother" made of wire that offered food
 - c) both "mothers" evenly
 - d) neither "mother"
19. _____ psychology is primarily concerned with the treatment and prevention of illness as it relates to psychological factors.
- a) Clinical
 - b) Social
 - c) Health
 - d) Biological
 - e) Medical
20. A recent review of the studies on humor's effect on the immune system concluded _____.
- a) that laughter is beneficial in the face of stress because humor may change people's cognitive appraisal of a stressful event.
 - b) that humor is as beneficial as previously believed
 - c) that humor is only beneficial in coping with select event
 - d) that humor cannot prevent illness
 - e) all of the above
21. Which of the following is part of the definition of a psychological disorder?
- a) Distress
 - b) Impairment
 - c) Danger
 - d) All of the above
 - e) None of the above
22. Homosexuality _____.
- a) was officially considered a mental disorder in the United States until the early

1920s

- b) is officially classified as a deviant, borderline mental disorder in the United States as of the early 1970s
 - c) has never been viewed as a mental disorder in the United States
 - d) is considered a mental disorder in the United States
 - e) was officially considered a mental disorder in the United States until the early 1970s
23. In order to understand psychological disorders, we must consider _____ factors.
- a) familial
 - b) cultural
 - c) biological
 - d) environmental
 - e) all of the above
24. DSM stands for _____.
- a) Diagrammatic and Statistical Manual
 - b) Deviance and Sadism Manual
 - c) Developmental Sickness Model
 - d) Diagnostic and Statistical Manual
 - e) Diagnostic Sickness Manual
25. Bipolar disorder is _____.
- a) found in roughly 5 to 10% of all Americans
 - b) not associated with experiencing depression
 - c) typically marked by at least one manic or hypomanic episode
 - d) unrelated to hypomania
 - e) None of the above
26. Positive symptom is to negative symptom as
- a) presence is to absence.
 - b) addition is to exaggeration.
 - c) happy is to sad.
 - d) restriction is to excess.
 - e) avolition is to hallucination.
27. Obsession is to compulsion as _____.
- a) bad is to worse
 - b) repetitive is to constant
 - c) behavior is to thought
 - d) thought is to behavior
 - e) response is to stimulus
28. Which of the following is considered to be a type of anxiety disorder?
- a) posttraumatic stress disorder

- b) phobias
 - c) obsessive compulsive disorder
 - d) panic disorder
 - e) all of the above
29. _____ is a type of insight-oriented therapy.
- a) Cognitive
 - b) Transference
 - c) Psychoanalysis
 - d) Pharmacology
 - e) Cognitive-behavior
30. Which of the following does humanistic therapy emphasize?
- a) Free will
 - b) Mastery
 - c) Self-esteem
 - d) Personal growth
 - e) All of the above
31. One benefit of behavior therapy is that it _____.
- a) emphasizes quantifiable results
 - b) was developed based on well-researched principles of learning
 - c) focuses on observable behaviors
 - d) All of the above
 - e) None of the above
32. A behavior therapist is interested in the ABCs of behavior meaning _____.
- a) attitudes, the behavior itself, and consequences
 - b) actions, beliefs, and commitment
 - c) attributions, beliefs, and control
 - d) antecedents, the behavior itself, and consequences
 - e) antecedents, beliefs, and consequences
33. Which of the following statements regarding electroconvulsive therapy is FALSE?
- A) This form of therapy was developed in the 1930s.
 - B) It is a controlled brain seizure.
 - C) ECT was originally conceived of as treatment for people who suffer from depression.
 - D) The precise reasons for why ECT is effective are not fully understood.
 - E) Many researchers initially felt that because schizophrenia and epilepsy are incompatible, ECT-induced epilepsy would relieve the symptoms of schizophrenia.
34. The process of helping clients shift their thinking away from automatic, dysfunctional thoughts to more realistic ones is called _____.

- a) a token economy
 - b) cognitive clarification
 - c) psychoeducation
 - d) cognitive distortion
 - e) cognitive restructuring
35. Behavior therapy techniques are based on classical and operant conditioning. Which of the following is NOT a behavior therapy technique based on classical conditioning?
- a) Systematic desensitization
 - b) Exposure
 - c) Exposure with response prevention
 - d) Behavior modification
 - e) Stimulus control
36. Exposure rests on the learning principle of _____.
- a) extinction
 - b) spontaneous recovery
 - c) habituation
 - d) punishment
 - e) learned helplessness
37. The field of _____ psychology primarily considers our thoughts and interactions with other people and groups.
- A) social
 - B) clinical
 - C) personality
 - D) developmental
 - E) health
38. _____ refers to a tendency for information noticed early on to bias your impression.
- a) Cognitive dissonance
 - b) A self-fulfilling prophecy
 - c) Compliance
 - d) The primacy effect
 - e) A halo effect
39. The three basic components of attitudes are _____, _____, and _____.
- A) effective; behavioral; personal
 - B) affective; behavioral; cognitive
 - C) strength; consistency; duration
 - D) frequency; relevance; uniqueness
 - E) person; brain; group
40. An explanation for the cause of an event or behavior is called a(n) _____.

- a) stereotype
- b) prejudice
- c) bias
- d) attribution
- e) attitude

Part II: Short answer (4 points each). Choose **5** out of the following 7 questions. The length of your answers should range from just a few words, if that's sufficient, to a few sentences. Write your answers on the exam pages.

1. Describe Harry Harlow's famous experiments with monkey and artificial mothers. What did these experiments teach us?

Answer: Harlow's experiments involved raising monkey not with their biological mothers or with real monkeys but with substitutes made of wire and cloth in the lab. In one key comparison, monkeys spent their time with two such "mothers," one made of metal wire but that gave food (via a bottle), and the other covered with soft cloth but that did not. Hungry monkeys spent time nursing from the wire mother, but as soon as they were full, or whenever they were frightened, they clung to the cloth mother, who had never satisfied any basic biological need. This implies that "contact comfort" is a key force in bonding a monkey to its mother, and that it is probably a major component of attachment generally, including in humans.

2. What exactly is stress, and how do psychologists measure it?

Answer: stress is the body's psychological and physical response to stimuli (stressors) that disrupt equilibrium / homeostasis.

- In part it's measured by people's ratings of how stressful events are for them.
- In part it's measured by the fight-or-flight response of the autonomic (sympathetic) nervous system
- Stressors can be:
 - Physical (e.g., painful stimuli):
 - Psychological (guilt; conflict)
 - Social (exclusion; shaming)
- Perception of stressor is what matters; objective reality per se does not.

3. Dr. Sarah Burnett's guest lecture on psychotic disorders included a video clip showing two clients (patients) being interviewed by the same therapist. What were the most obvious differences between these two people and their symptoms?

Answer: one was an older man who had a strong vocabulary and who spoke in a manner that was grammatically correct but that was incoherent and made no sense. He did not appear to be in great distress, although there were signs he was aware of his disconnection with the therapist and the world. The other was a younger woman whose speech patterns were intelligent and coherent. She was plagued by voices that spoke to her, even during the interview, and her distress was evident.

4. Anorexia and Bulimia are two well-established forms of eating disorders. How are they distinguished, and what are the differences in symptoms between the two?

Answer: Anorexia nervosa: inability/unwillingness to maintain even a low “normal” weight coupled with an intense fear of gaining weight. It has a significant mortality rate (10% of those hospitalized die) and a high concordance rate in identical twins (56%)

Diagnostic requirements: Distortions in body image, Intense fear of becoming overweight, Refusal to maintain a normal weight, Obsessions with thoughts of food. Intellectual knowledge that they are underweight, but cannot “see” this and deny any problem exists

Bulimia nervosa: a disorder characterized by recurrent binge eating followed by some attempts to prevent weight gain. It’s a milder disorder, not as lethal and with a much lower concordance rate.

5. How do different forms of therapy for psychological disorders approach the question of a person’s past (as in, “tell me about your childhood”)?

Answer: Psychodynamic theories (most prominently Freud’s) place a great emphasis on a person’s past, especially early childhood, because they hold that many psychological disorders stem from unresolved conflicts from this period, or fixations with events from that time. Behavior therapy is interested in history insofar as it views psychological disorders as resulting from previous reinforced or punished behaviors (i.e., that maladaptive behaviors have been learned in the past and now must be unlearned). Cognitive theories, such as rational-emotive therapy and Rogerian therapy, care much less on how people got where they are; instead the emphasis is on understanding the present and on changing people’s conceptions of themselves and their environment..

6. Drawing from the textbook and from Dr. David Schneider’s guest lecture on social psychology, what is a stereotype, and what are the “big three” stereotyping categories by which we judge other people?

Answer: the textbook defines a stereotype as “a belief (or set of beliefs) about people in a particular social category.” Schneider noted that they are “features associated with a category.” The idea is that they are generalizations about groups of people that may or may not be true of the group but rarely are true of all individuals within the group. E.g., men are tall is a stereotype that is true overall, but there are many women who are taller than many men. The big three are gender, age, and skin color/race. These are never ignored – i.e., people never say they met a person yesterday but can’t recall if it was a man or a woman; a child or an adult; an Asian, black, or a white person.

7. What is the relationship between schizophrenia and multiple personality disorder?

Answer: there is almost no relationship between the two, despite the common misunderstanding that they are the same. In schizophrenia, there is a split but it is not between two personalities, it’s between the person and objective reality. Multiple personality disorder is better called dissociative identity disorder in the DSM-IV.

There is some debate about DID, but the idea is that a single person can cycle between different and distinct personalities, each of which is not necessarily aware of the other(s). Each may have a distinct set of behaviors as well as biological indicators (e.g., different EEGs have been recorded)

Key to Multiple Choice Questions

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|-------|-------|
| 1) B | 39) B |
| 2) D | 40) D |
| 3) B | 39) B |
| 4) E | 40) D |
| 5) D | |
| 6) E | |
| 7) B | |
| 8) B | |
| 9) B | |
| 10) C | |
| 11) C | |
| 12) E | |
| 13) E | |
| 14) B | |
| 15) D | |
| 16) C | |
| 17) A | |
| 18) A | |
| 19) C | |
| 20) A | |
| 21) D | |
| 22) E | |
| 23) E | |
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| 25) C | |
| 26) A | |
| 27) D | |
| 28) E | |
| 29) C | |
| 30) E | |
| 31) D | |
| 32) D | |
| 33) C | |
| 34) E | |
| 35) D | |
| 36) C | |
| 37) A | |
| 38) D | |