

PROGRESS TEST 1

Multiple-Choice Questions

Circle your answers to the following questions and check them with the answers beginning on page 118. If your answer is incorrect, read the explanation for why it is incorrect and then consult the appropriate pages of the text (in parentheses following the correct answer).

1. As defined by the text, *consciousness* includes which of the following?
 - a. focused attention
 - b. sleeping
 - c. hypnosis
 - d. all of these conditions
2. The cluster of brain cells that control the circadian rhythm is the
 - a. amygdala.
 - b. suprachiasmatic nucleus.
 - c. NPY.
 - d. pineal.
3. Compared with their counterparts of 80 years ago, teenagers today average _____ sleep each night.
 - a. 2 hours less
 - b. 4 hours less
 - c. 1 hour more
 - d. about the same amount of
4. Sleep spindles predominate during which stage of sleep?

a. Stage 2	c. Stage 4
b. Stage 3	d. REMsleep
5. During which stage of sleep does the body experience increased heart rate, rapid breathing, and genital arousal?

a. Stage 2	c. Stage 4
b. Stage 3	d. REMsleep
6. The sleep cycle is approximately _____ minutes.

a. 30	c. 75
b. 50	d. 90
7. The effects of chronic sleep deprivation include
 - a. suppression of the immune system.
 - b. altered metabolic and hormonal functioning.
 - c. impaired creativity.
 - d. all of these effects.
8. One effect of sleeping pills is to
 - a. decrease REM sleep.
 - b. increase REM sleep.
 - c. decrease Stage 2 sleep.
 - d. increase Stage 2 sleep.
9. Cocaine and crack produce a euphoric rush by
 - a. blocking the actions of serotonin.
 - b. depressing neural activity in the brain.
 - c. blocking the reuptake of dopamine in brain cells.
 - d. stimulating the brain's production of endorphins.
10. Which of the following is classified as a depressant?

a. methamphetamine	c. marijuana
b. LSD	d. alcohol
11. Which of the following preventive measures would have the greatest impact on average life expectancy?
 - a. eliminating obesity
 - b. eliminating smoking
 - c. eliminating sleep deprivation
 - d. eliminating binge drinking
12. Which of the following statements concerning hypnosis is true?
 - a. People will do anything under hypnosis.
 - b. Hypnosis is the same as sleeping.
 - c. Hypnosis is in part an extension of the division between conscious awareness and automatic behavior.
 - d. Hypnosis improves memory recall.
13. People who heard unusual phrases prior to sleep were awakened each time they began REM sleep. The fact that they remembered less the next morning provides support for the _____ theory of dreaming.
 - a. manifest content
 - b. physiological
 - c. information-processing
 - d. activation-synthesis
14. According to Freud, dreams are
 - a. a symbolic fulfillment of erotic wishes.
 - b. the result of random neural activity in the brainstem.
 - c. the brain's mechanism for self-stimulation.
 - d. the disguised expressions of inner conflicts.

15. Psychoactive drugs affect behavior and perception through
- the power of suggestion.
 - the placebo effect.
 - alteration of neural activity in the brain.
 - psychological, not physiological, influences.
16. All of the following are common misconceptions about addiction, EXCEPT the statement that
- to overcome an addiction a person almost always needs professional therapy.
 - psychoactive and medicinal drugs very quickly lead to addiction.
 - biological factors place some individuals at increased risk for addiction.
 - many other repetitive, pleasure-seeking behaviors fit the drug-addiction-as-disease-needing-treatment model.
17. At its beginning, psychology focused on the study of
- observable behavior.
 - consciousness.
 - abnormal behavior.
 - all of these factors.
18. Which of the following is NOT a theory of dreaming mentioned in the text?
- Dreams facilitate information processing.
 - Dreaming stimulates the developing brain.
 - Dreams result from random neural activity originating in the brainstem.
 - Dreaming is an attempt to escape from social stimulation.
19. The sleep-waking cycles of young people who stay up /too late typically are _____ hours in duration.
- | | |
|-------|-------|
| a. 23 | c. 25 |
| b. 24 | d. 26 |

Matching Items

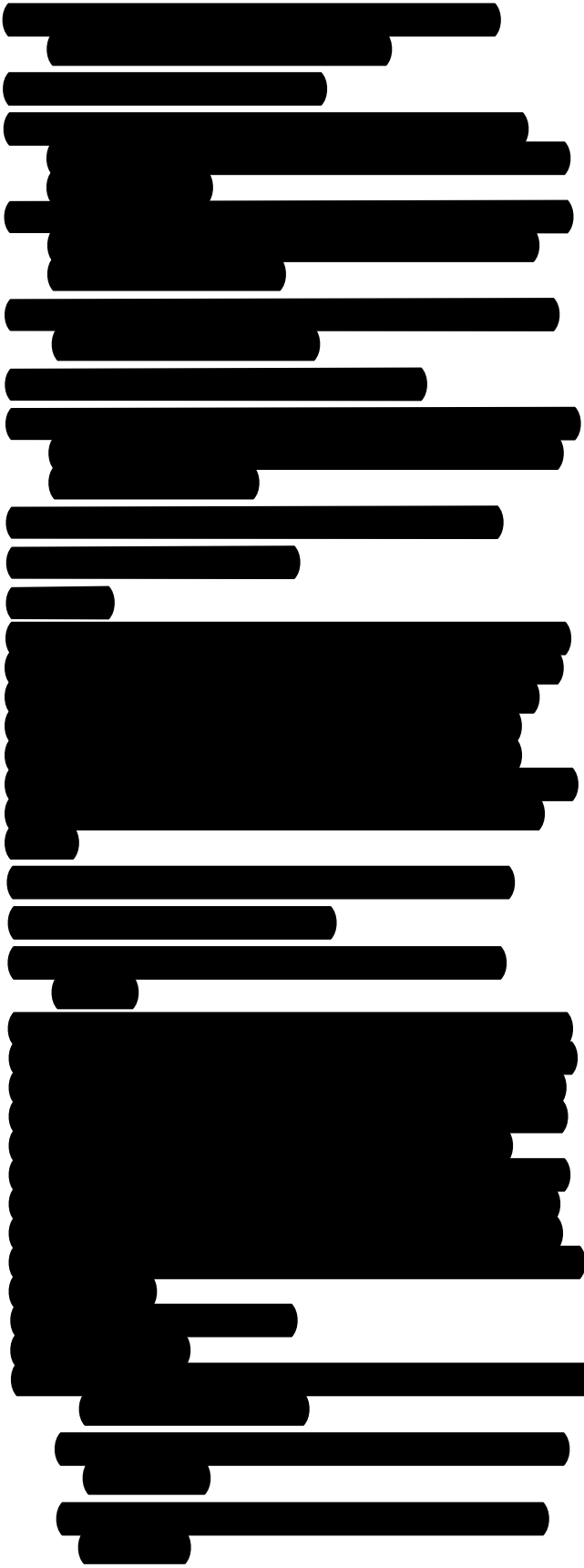
Match each term with its appropriate definition or description.

Definitions or Descriptions

- _____ 1. surface meaning of dreams
- _____ 2. deeper meaning of dreams
- _____ 3. stage(s) of sleep associated with delta waves
- _____ 4. stage(s) of sleep associated with muscular relaxation
- _____ 5. sleep disorder in which breathing stops
- _____ 6. sleep disorder occurring in Stage 4 sleep
- _____ 7. depressant
- _____ 8. hallucinogen
- _____ 9. stimulant
- _____ 10. disorder in which sleep attacks occur
- _____ 11. twilight stage of sleep associated with imagery resembling hallucinations

Terms

- marijuana
- alcohol
- Stage 1 sleep
- manifest content
- cocaine
- narcolepsy
- sleep apnea
- Stages 3 and 4 sleep
- REM sleep
- latent content
- night terrors



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1. d. is the answer. (p. 176)
2. b. is the answer. (p. 177)
 - a. The amygdala is an emotion center in the limbic system.
 - c. NPY is a brain chemical that has been found to be reduced in rats who prefer alcohol to water.
 - d. The pineal is a gland that produces the sleep-inducing hormone melatonin.
3. a. is the answer. (p. 183)
4. a. is the answer. (p. 179)
 - b. & c. Delta waves predominate during Stages 3 and 4. Stage 3 is the transition between Stages 2 and 4 and is associated with a pattern that has elements of both stages.
 - d. Faster, nearly waking brain waves occur during REM sleep.
5. d. is the answer. (pp. 180-181)
 - a., b., & c. During non-REM Stages 1-4 heart rate and breathing are slow and regular and the genitals are not aroused.
6. d. is the answer. (p. 181)
7. d. is the answer. (pp. 183-184)
8. a. is the answer. Like alcohol, sleeping pills carry the undesirable consequence of reducing REM sleep and may make insomnia worse in the long run. (p. 186)
 - b., c., & d. Sleeping pills do not produce these effects.
9. c. is the answer. They also block the reuptake of serotonin and norepinephrine. (p. 204)
 - a. This answer describes the effect of LSD.
 - b. Depressants such as alcohol have this effect. Cocaine and crack are classified as stimulants.
 - d. None of the psychoactive drugs has this effect. Opiates, however, *suppress* the brain's production of endorphins.
10. d. is the answer. Alcohol, which slows body functions and neural activity, is a depressant. (p. 199)
 - a. Methamphetamine is a stimulant.
 - b. & c. LSD and marijuana are hallucinogens.
11. b. is the answer. (p. 202)
12. c. is the answer. (p. 196)
 - a. Hypnotized subjects usually perform only acts they might perform normally.
 - b. The text does not suggest that sleeping and hypnosis are the same states. In fact, the brain waves of hypnotized subjects are not like those associated with sleeping.

