Psychology Unit 4 Test

Choose the best answer. (2 pts each).

1. The chief characteristic of hypnosis is
   a. heightened arousal.
   b. increased suggestibility.
   c. enhanced creativity.
   d. increased clairvoyance.

2. The most frequently used psychoactive drug in the United States is
   a. marijuana.
   b. cocaine.
   c. alcohol.
   d. caffeine.

3. Which of the following sleep phenomena could be detected without the aid of an EEG machine?
   a. Stage 2 sleep
   b. REM sleep
   c. Stage 3 sleep
   d. sleep spindles

4. Which of the following best describes the stability of sleep cycles?
   a. They are innate so they cannot be modified.
   b. They are innate but can be modified in times of emergency.
   c. They are entirely learned but are difficult to modify.
   d. They are entirely learned and, thus, may be easily modified.

5. A loud noise awakens you; you emerge from sleep confused and do not remember the noise. You were in which stage of sleep?
   a. Stage 1
   b. Stage 2
   c. Stage 3
   d. Stage 4
6. Beta waves are characteristic in the EEG of a person who is
   a. dreaming.
   b. asleep but not dreaming.
   c. awake and alert.
   d. in Stage 2 sleep.

7. Physical cravings for a drug and unpleasant reactions when the drug is withheld are signs of
   a. drug tolerance
   b. psychological dependence
   c. emotional dependence
   d. physical addiction

8. Which of the following drugs is physically addictive?
   a. morphine
   b. cocaine
   c. heroin
   d. all of these

9. The reduction in the body’s response to a drug which may accompany drug use, in which the
   user requires larger and larger doses to experience the drug’s effects, is called
   a. withdrawal.
   b. addiction.
   c. dependence.
   d. tolerance.

10. A sudden, irresistible urge to sleep, which lasts a few minutes to half an hour during the
    daytime, is called
    a. narcolepsy.
    b. hypersomnia.
    c. sleep apnea.
    d. sleepwalking disorder.

11. The surest way to alter human consciousness is
    a. through meditation.
    b. by sleeping.
    c. to administer a psychoactive drug.
    d. to use sensory deprivation.
12. Freud believed that, in order to protect sleep and prevent the arousal of conscience, the content of our dreams is
   a. suppressed.
   b. disguised.
   c. enriched.
   d. synthesized.

13. A sleep disturbance is which one awakens several times during the night and has difficulty returning to sleep is
   a. narcolepsy.
   b. sleep apnea.
   c. somnambulism.
   d. insomnia.

14. Someone who is hungry may show
   a. an increase in dreams about food and eating.
   b. a decrease in dreams about food and eating.
   c. no particular increase in dreams about food and eating.
   d. no increase in food symbols in their dreams.

15. Nicotine is classified as a
   a. narcotic.
   b. depressant.
   c. relaxant.
   d. stimulant.

16. The most common reactions to sleep loss up to 48 hours include
   a. inattention, staring, and tremor of the hands.
   b. hallucinations and delusions.
   c. insomnia.
   d. are similar to those found in psychosis.

17. Our sleep rhythms are tied to a 24-hour day because
   a. the time of peak activity is invariant from person to person.
   b. they are tied to external time markers like light and dark.
   c. they have adapted to technological improvements made in the last century.
   d. everyone needs at least 8 hours of sleep every night.
18. Substances capable of altering human consciousness are classified as
   a. pharmacologic drugs.
   b. addictive.
   c. psychoactive drugs.
   d. narcotics.

19. Research suggests that the two most basic states of sleep are
   a. alpha sleep and beta sleep.
   b. light sleep and deep sleep.
   c. REM sleep and non-REM sleep.
   d. REM sleep and paradoxical sleep.

20. When a person is shut off from the world such that he or she cannot even tell what time it is by light or dark, their sleep-wake cycle
   a. stays at about 24 hours.
   b. shortens to an average of about 20 hours.
   c. lengthens to an average of about 25 hours.
   d. becomes completely disrupted.

21. Hypnosis
   a. was introduced by the Austrian physician, Karl Zener.
   b. is characterized by brain wave patterns similar to sleep.
   c. is an altered state characterized by narrowed attention and increased openness to suggestions.
   d. is a sleep state in which the subjects are partially aware of their actions and able to perform many activities not normally carried out during sleep.

22. The rhythms of sleep and waking
   a. coincide with the cycles of the moon.
   b. are considerably shorter than 24 hours.
   c. are about 24 hours long.
   d. average around 36 hours.

23. Night terrors most often occur during
   a. Stage 1 NREM sleep.
   b. Stage 2 REM sleep.
   c. Stage 3 NREM sleep.
   d. Stage 4 NREM sleep.
24. According to Freud, dreams are very often a means of
   a. wish fulfillment.
   b. solving daytime problems.
   c. telling oneself what’s missing in one’s life.
   d. categorizing one’s experience.

25. Excessive daytime sleepiness is a condition called
   a. narcolepsy.
   b. hypersomnia.
   c. sleep apnea.
   d. sleepwalking disorder.

26. Immediately before sleep the EEG shifts to patterns of larger and slower waves called
    __________ waves.
    a. alpha
    b. beta
    c. delta
    d. spindle

27. Perhaps the best known hallucinogen is
    a. cocaine.
    b. alcohol.
    c. LSD.
    d. nicotine.

28. Dreams usually
    a. occur twice nightly.
    b. last only about five minutes each.
    c. are about ninety minutes apart with each succeeding dream lasting a little longer.
    d. are instantaneous, being a flash of visual images.

29. Which of the following is a primary characteristic of dream sleep?
   a. irregular heart rate and blood pressure
   b. sexual arousal
   c. increased muscle tension
   d. rapid eye movements
30. Which stage of sleep typically has spindles?
   a. first
   b. second
   c. third
   d. fourth

31. NREM sleep occurs mainly in
   a. Stage 2 sleep.
   b. Stage 3 sleep.
   c. Stage 4 sleep.
   d. all of these.

32. Hypnosis is particularly useful
   a. for test taking due to increased memory.
   b. in helping a subject regress to childhood.
   c. for creating momentary superhuman bursts of strength.
   d. in controlling phantom limb pain.

33. Recent evidence suggests that THC, the active ingredient in marijuana,
   a. is harmless.
   b. is physically addictive.
   c. is fatal in mild doses.
   d. has negative long term effects due to its accumulation in fatty tissues over time.

34. Short-term drug use based largely on curiosity is called
   a. experimental.
   b. compulsive.
   c. situational.
   d. regressive.

35. A sleep disturbance characterized by snoring, short silences, and gasps is called
   a. sleep apnea.
   b. narcolepsy.
   c. somnambulism.
   d. insomnia
36. Hypnosis currently has its greatest value as a(n)
   a. cure-all counseling approach.
   b. combination treatment with acupuncture and massage.
   c. tool for inducing relaxation.
   d. valuable technique for uncovering repressed memories.

37. Which of the following is a correct match?
   a. Stage 1 – light sleep
   b. Stage 2 – beta waves
   c. Stage 3 – alpha waves
   d. Stage 4 – sleep spindles

38. Which of the following is classified as a stimulant?
   a. alcohol
   b. cocaine
   c. marijuana
   d. morphine

39. Treatment for alcoholism generally begins with
   a. vitamin therapy.
   b. tranquilizers.
   c. psychotherapy.
   d. detoxification.

40. If you suffered sleep deprivation, what type of effect would occur first?
   a. hallucinations and delusions
   b. loss of ability to pay attention and perform simple routine tasks
   c. both long-term and short-term memory loss
   d. coma

41. Which of the following occurs during dream sleep?
   a. irregular heart rate and breathing
   b. delta waves
   c. increased muscle tension
   d. sleep walking
42. Extensive study of dreams indicates that
   a. nearly all dreams are sexual.
   b. most dreams are extensions of everyday experience.
   c. pleasant emotions are more frequent in dreams than unpleasant.
   d. the content of dreams usually deals with psychological violence.

43. Cocaine achieves its effect through the chemical messengers
   a. dopamine and norepinephrine.
   b. norepinephrine and THC.
   c. sopor and phosphine.
   d. RNA and adrenaline.

44. Many of the chemicals released by a burning cigarette are
   a. harmless.
   b. carcinogens.
   c. unknown.
   d. tetrahydrines.

45. Alcohol is classified as a
   a. stimulant.
   b. depressant.
   c. hallucinogen.
   d. barbiturate.

46. A person experiences blind panic, screaming, and thrashing around during the terror. This episode is called
   a. a nightmare.
   b. a night terror.
   c. a REM rebound episode.
   d. paradoxical sleep.

47. REM sleep makes up about __________ percent of total sleep.
   a. 10-15
   b. 20-25
   c. 30-35
   d. 40-45
48. Which of the following statements concerning marijuana is TRUE?
   a. There is a direct link between marijuana and lung cancer.
   b. Long-term marijuana users show no impairments of thinking abilities.
   c. Marijuana temporarily lowers sperm production in males.
   d. Marijuana is extremely harmful.

49. To be conscious means to be ____________.
   a. dreaming
   b. aware
   c. dynamic
   d. in REM

50. At the center of the activation-synthesis hypothesis of dreaming is the need to
   a. give expression to unfulfilled wishes.
   b. provide an outlet for repressed thoughts.
   c. provide explanations for physiological activity.
   d. exhibit socially acceptable behavior.

51. EEG records indicate that during sleep the brain
   a. increases its activity.
   b. changes its pattern of activity.
   c. reduces its activity.
   d. shuts down.

52. A person who has trouble getting to sleep is said to suffer from
   a. narcolepsy.
   b. sleep apnea.
   c. insomnia.
   d. somnambulism.

53. The major cause of temporary insomnia is
   a. REM deprivation.
   b. worry, stress, or excitement.
   c. drop in blood sugar at night.
   d. stress combined with the use of sleeping pills.