This study examined the relationship between perceptions of fairness, empathy, and desire for revenge. Participants were recruited from around a university campus. Participants were assigned to either the fair player or unfair player condition by the use of a random number table. Four research assistants pretended to be real participants in the study. In the fair condition, the research assistant played the game fairly with the participant. In the unfair condition, the research assistant played the game unfairly (cheated) with the participant. Afterwards, the participant watched as the research assistant was administered an electric shock. Empathy was measured using an fMRI machine (scans the activity of the brain areas) and desire for revenge was measured using a standard revenge survey.

a. List the independent variable in this study.
b. List one of the dependent variables in this study.
c. How was random assignment achieved for this study?
d. Based on this design, what is one hypothesis that you might test?

6. In order to gain knowledge about cause and effect it is necessary to do what type of study?
a. Experiment
b. Naturalistic observation
c. Correlational study
d. Biological research

7. Sigmund is a clinical psychologist. He has a client who is a transgendered military officer. Sigmund would like to study this one client in greater detail. The type of study Sigmund would like to conduct is known as
a. survey research.
b. a case study.
c. a single-blind study.
d. experimental research.

8. The variable is manipulated in to explore its effect on the variable.
a. dependent - independent
b. correlational - random
c. independent - dependent
d. random - correlational

9. Participants in the are treated exactly the same as participants in the , except they are not exposed to the independent variable.
a. experiment; nonexperiment
b. survey; case study
c. selection group; placebo group
d. control group; experimental group

10. A precise description of how the variables in a study will be observed and measured is known as .
a. a hypothesis
b. an operational definition
c. a theory
d. the scientific method

11. Students were divided into two groups. Students in one group were ignored when they talked without raising their hands. Students in the other group were attended to in the teacher's usual manner. The independent variable in this experiment was .
a. initial levels of talking
b. decreased talking
c. attention from the teacher
d. division of students into two groups
12. Which of the following is NOT an ethical concern of psychologists?
   a. the safety and health of research animals
   b. protecting client confidentiality
   c. deception in research
   d. subject bias

13. A participant's agreement to take part in a study after being told what to expect is known as _____.
   a. participant observer
   b. placebo effect
   c. informed consent
   d. debriefing

14. The _____ views biological processes, psychological factors, and social forces as interrelated influences, and it is one of the most widely accepted themes of modern psychology.
   a. eclectic perspective
   b. nature-nurture model
   c. interactionist position
   d. biopsychosocial model

15. _____ emphasized objective, observable behaviors.
   a. Functionalism
   b. Gestalt psychology
   c. Freud
   d. Behaviorism

16. When both the researcher and the participants are unaware of who is in the experimental or control group, the research design can be called _____.
   a. reliable
   b. double-blind
   c. valid
   d. deceptive

17. The tendency of experimenters to influence the results of their experiment in an expected direction is called _____.
   a. experimenter bias
   b. control bias
   c. observational bias
   d. experimental bias

18. Psychology is commonly defined as the _____.
   a. private internal experiences and anything we do
   b. observation and measurement of human and nonhuman behavior
   c. scientific study of behavior and mental processes
   d. study of the mind and body

19. Sometimes _____ is used in order to create a realistic situation with genuine reactions from participants.
   a. participant bias
   b. deception
   c. a nonmonetary incentive
   d. case observation

20. The explanation a researcher provides to participants about the research process when it is over is called a(n) _____.
   a. case conference
   b. study's footnote
   c. debriefing
   d. exit interview

21. The fact that, as Evan gets taller, he also weighs more is called a
   a. correlation
   b. experiment
   c. causal effect
   d. Statistic

22. _____ research is used to study the brain and other parts of the nervous system.
   a. Traditional
   b. Psychological
   c. Biological
   d. Clinical

23. In _____ research, a researcher manipulates one or more variables and measures another variable to find causal relationships between them.
   a. correlational
   b. experimental
   c. basic
   d. applied

24. The main advantage of naturalistic observation is that it _____.
   a. eliminates extraneous variables
   b. allows researchers to obtain data about natural behavior
   c. is less time-consuming and expensive than other research methods
   d. all of these options

25. As you walk into your Introductory Psychology class, your teacher flips a coin to determine whether you should be in Group A or Group B for her in-class experiment. This procedure is called _____.
   a. experimental assignment
   b. independent selection
   c. representative grouping
   d. random assignment

26. In a study on student conformity, researchers selected a group of college students who appeared to represent the characteristics of students from the entire college campus. The selected group served as the _____ of the college _____.
   a. representatives; campus
   b. population; representatives
   c. sample; population
   d. representatives; sample
27. The BEST definition of a dependent variable is _____.
   a. a measurable behavior that is affected by the independent variable
   b. a variable that is controlled by the experimenter and is applied to the participant to determine its effect
   c. a variable that is kept constant during an experiment to prevent contamination of other variables
   d. a variable that cannot do anything by itself

28. Numerous studies have been conducted on student test-taking behavior. The data from these studies have been compiled, and researchers have developed a set of concepts to explain this interrelated data and generate testable questions to verify these concepts. This set of concepts is called a(n) _____.
   a. hypothesis
   b. experimental study
   c. abstract
   d. theory

29. According to the rules of informed consent, a researcher must disclose all EXCEPT which of the following before the study begins?
   a. potential physical risks and discomforts
   b. potential unpleasant emotional experiences
   c. the reasons for deception
   d. how the information gained will be used

30. You are unsure whether you want to complete an experiment you began an hour ago. According to the rules of voluntary participation, when you ask the researcher if you have to continue, the researcher should respond with _____.
   a. "You have the right to drop out of the study at any time."
   b. "I'm sorry, the experiment must continue."
   c. "Please continue. I will debrief you afterwards."
   d. "You may drop the study now, but you will forfeit credit."

31. Your text defines a hypothesis as a _____.
   a. specific prediction about how one variable is related to another
   b. precise definition of how variables will be observed and measured in a study
   c. concept that explains previously gathered data
   d. all of these options
1. The major divisions of the central nervous system are _____.
   a. brain and spinal cord
   b. somatic and autonomic
   c. gray matter and white matter
   d. sympathetic and parasympathetic

2. The _____ consists of all the nerves that connect to sensory receptors and control skeletal muscles.
   a. parasympathetic nervous system
   b. spinal cord
   c. somatic nervous system
   d. action potential

3. The parasympathetic nervous system is dominant when a person is _____.
   a. stressed
   b. relaxed
   c. frightened
   d. angry

4. The system of glands that secrete hormones into the bloodstream is called the _____ system.
   a. lymphatic
   b. hormonal
   c. endocrine
   d. reticular activating

5. The sensory and motor nerves that go to and from the central nervous system, body organs, and skeletal muscles make up the _____ nervous system.
   a. somatic
   b. fight or flight
   c. autonomic
   d. peripheral

6. The _____ nervous system is responsible for involuntary tasks whereas the _____ nervous system is responsible for voluntary tasks.
   a. autonomic; somatic
   b. somatic; autonomic
   c. central; peripheral
   d. peripheral; central

7. Damage to the medulla can lead to loss of _____.
   a. vision
   b. breathing
   c. hearing
   d. smell

8. The next time you see someone at a party who is having trouble walking properly, you might say, “He has had too much to drink, and it went right to his _____.”
   a. reticular formation
   b. cerebellum
   c. frontal lobe
   d. parietal lobe

9. The _____ is a diffuse set of neurons in the core of the brain stem that screen incoming sensory information and arouse the cortex.
   a. thalamus
   b. corpus callosum
   c. limbic system
   d. reticular formation

10. These are the areas of the brain that help interpret, integrate, and act on information processed in other areas of the brain.
    a. limbic system
    b. projection areas
    c. association areas
    d. all of these options

11. Although the left and right hemispheres of the brain are specialized, they are normally in close communication through the _____.
    a. reciprocating circuits
    b. thalamus
    c. corpus callosum
    d. cerebellum

12. Split-brain research has indicated that, in most people, the left hemisphere is largely responsible for _____ abilities.
    a. musical
    b. spatial
    c. artistic
    d. language

13. The _____ lobes govern motor control, speech production, and higher functions, such as thinking, personality, emotion, and memory.
    a. parietal
    b. master
    c. frontal
    d. temporal

14. Chemical messengers that are secreted into the synapse are called _____.
    a. ions
    b. neurotransmitters
    c. nucleotides
    d. vesicles

15. The branching neuron structures that receive neural impulses from other neurons and convey them toward the cell body are called _____.
    a. myelin sheaths
    b. axon terminal
    c. dendrites
    d. nerves

16. Communication within a cell is
    a. electrical
    b. both electrical and chemical
    c. caused by hardening of the cell membrane
    d. chemical
17. The _____ system prepares your body to respond to stress.
   a. central nervous
   b. sympathetic
   c. peripheral
   d. somatic

18. The three major parts of a neuron are the _____.
   a. glia, dendrites, and myelin
   b. myelin, dendrites, and axon
   c. dendrites, axon, and cell body
   d. axon, glia, and myelin

19. _____ provide structural, nutritional, and other support for the neuron, as well as some communication functions.
   a. Dendrites
   b. Axons
   c. Nurturing bodies
   d. Glial cells

20. The synapse/synaptic gap is the point where _____.
   a. the soma attaches to the dendrite
   b. neurotransmitters are manufactured
   c. chemical information transfers from neuron to neuron
   d. the action potential begins

21. The frontal, parietal, occipital, and temporal lobes make up the _____.
   a. brain
   b. cerebral cortex
   c. subcortex
   d. brain stem

22. A reflex arc occurs in the _____.
   a. skeletal muscles
   b. brain
   c. spinal cord
   d. reticular activating system

23. The _____ integrates incoming information, absorbs nutrients, and produces proteins necessary for the functioning of the neuron.
   a. axon hillock
   b. myelin sheath
   c. synaptic gap
   d. cell body

24. The occipital lobes contain the sensory projection areas for _____.
   a. vision
   b. hearing
   c. smell and taste
   d. touch and pain

25. If Hannibal Lecter removed and ate the _____ of your brain, you would no longer process spoken language.
   a. corpus callosum
   b. occipital lobes
   c. temporal lobes
   d. parietal lobes

26. The hypothalamus _____.
   a. connects your right and left cerebral hemispheres
   b. regulates thirst, hunger, temperature, and sex drive
   c. keeps you breathing
   d. is the center of your personality

27. Which of the following statements is/are true regarding the endocrine system?
   a. The endocrine system is a slower communication system in the body than the nervous system.
   b. The pituitary gland, adrenal gland, and pancreas are part of the endocrine system.
   c. The endocrine system is involved in the “fight or flight” response.
   d. All of the above.

28. The Thalamus is most notably responsible for
   a. generating emotional responses.
   b. maintaining balance.
   c. regulating the sleep/wake cycle.
   d. receiving and redirecting sensory information.

29. The BEST definition of the myelin sheath is a _____.
   a. protein membrane that increases the electrical receptivity of axons
   b. fatty substance that collects inside axons, slowing the rate of an action potential
   c. fatty insulation wrapped around some axons that increases the rate at which impulse travel along the axon
   d. protein that converts food into energy within the nucleus of a neuron

30. In the lock-and-key analogy for neurotransmitters, the lock refers to the _____, whereas the key refers to the _____.
   a. dendrite receptors; shape of the neurotransmitter
   b. 3-dimensional shape of the neurotransmitter; dendrite receptors
   c. axon receptors; shape of the neurotransmitter
   d. vesicles inside the axon; dendrite receptors

31. Growth, reproduction, moods, and our responses to stress are all controlled by our _____.
   a. mothers
   b. fathers
   c. hormones
   d. teachers

32. Stimulating the _____ increases aggressive behavior.
   a. hypothalamus
   b. amygdala
   c. fornix
   d. medulla
Stress & Coping

1. The mental or physical condition that occurs when we adapt to the environment is called:
   a. alarm reaction
   b. stress
   c. sympathetic
   d. denial

2. Which of the following is NOT a stage of general adaptation syndrome?
   a. stage of exhaustion
   b. alarm reaction
   c. stage of coping
   d. stage of resistance

3. During a stress reaction, most people will typically experience:
   a. a rush of pleasure
   b. excessive worry about illness
   c. paranoia
   d. increased heart rate and respiration

4. There are two main ways to respond to a stress. In _____-focused coping, you focus on changing the situation while in _____-focused coping you focus on changing your thoughts about the situation.
   a. emotion; problem
   b. problem; emotion
   c. traumatic; problematic
   d. problematic; traumatic

5. An event does not affect everyone in the same way. How a stressor is experienced depends on this two-step appraisal process:
   a. the situation is evaluated as positive or threatening then a plan is made to meet the challenge
   b. the heart rate increases and then the person begins to run
   c. the event is ignored until it cannot be ignored
   d. the neuron fires and then the message begins
Consciousness

1. Drugs act at the synapse by _____.
   a. causing the action potential to fire
   b. replacing, decreasing, or enhancing the amount of neurotransmitter
   c. initiating the graded potential
   d. acting to enhance the amount of neurotransmitters

2. Some drugs, called agonists, work by _____ the action of neurotransmitters.
   a. avoiding
   b. blocking
   c. slowing down
   d. mimicking

3. _____ act on the nervous system to increase its overall activity and general responsiveness.
   a. Hallucinogens
   b. Stimulants
   c. Alcoholic beverages
   d. Psychoactive drugs

4. Your friend has been drinking caffeine every day for a month. One day they decide to skip the caffeine and find that without it they can't concentrate or stay awake. This state could be classified as:
   a. addiction
   b. withdrawal
   c. dependence
   d. hallucination

5. Depressants include all of the following EXCEPT _____.
   a. downers such as sedatives, barbiturates, antianxiety drugs
   b. alcohol
   c. tobacco
   d. anti-anxiety medications like Valium

6. Hallucinogens are drugs that:
   a. cause heightened aesthetic responses, euphoria, mild delusions, distorted perceptions & sensations
   b. increase activity of the nervous system; usually accompanied by exhilaration, euphoria, high energy, etc.
   c. decrease the functioning of the nervous system; may reduce anxiety or cause sedation
   d. suppress the sensation of pain by binding to and stimulating the nervous system’s natural receptor sites for endorphins; often cause euphoria or rush of pleasure

7. Consciousness is defined in your text as _____.
   a. ordinary and extraordinary wakefulness
   b. an awareness everything that is going on around you at any given moment
   c. mental representations of the world in the here and now
   d. any mental state that requires thinking and processing of sensory stimuli

8. Biological rhythms that occur on a daily basis (every 24 hours) are called _____ rhythms.
   a. circuous
   b. chronobiology
   c. calendrical
   d. circadian

9. Researchers have documented all EXCEPT which of the following hazards of sleep deprivation?
   a. reduced cortisol levels
   b. reduced concentration and motivation
   c. increased irritability
   d. reduced motor skills

10. If you watch a scary movie which causes you to wake up constantly several nights in a row due to nightmares, what is MOST likely to happen to your sleep cycles the first time you get uninterrupted sleep? You will:
    a. have more than the usual amount of REM sleep.
    b. have more than the usual amount of non-REM sleep.
    c. stay in stage 1 sleep.
    d. have nightmares about being kicked out of college.

11. The evolutionary/adaptive theory of sleep says that sleep:
    a. evolved to decrease the number of hours of daydreaming
    b. conserves energy and protects us from predators
    c. restores the biological rhythms that would otherwise be disrupted by round-the-clock wakefulness
    d. is necessary for proper memory functioning

12. The _____ theory says that sleep allows us to replenish what was depleted during daytime activities.
    a. repair/restoration
    b. evolutionary/circadian
    c. supply-demand
    d. conservation of energy

13. Activation-synthesis hypothesis states that dreams occur because:
    a. experiences during the day cause us to dream
    b. the unconscious brings out our desires in our sleep
    c. the pons activates different parts of the brain and the interpretation is the dream
    d. our hidden emotions activate our brain and cause dreams

14. Durango was very angry with his stepmother, and wished she were dead. That night Durango dreamed that he pushed her off a cliff. According to Freud, the latent content of Durango's dream would be _____, while the manifest content would be _____.
    a. pushing her off the cliff; wishing she were dead
    b. wishing she were dead; pushing her off the cliff
    c. pushing her off the cliff; angry feelings
    d. angry feelings; wishing she were dead
15. In addition to being awake and being asleep, there are many patterns of brain activity and awareness that can be experienced such as meditation, hypnosis, or mindfulness. These are called:
   a. hypnologic thinking
   b. altered states of consciousness
   c. drug-induced states
   d. narcolepsy

16. Which of the following is NOT characteristic of Stage 2 sleep?
   a. sleep spindles
   b. more relaxation
   c. sleep apnea
   d. less responsive to external stimuli

17. Darius is sleeping right through the sounds of fire engine and police car sirens right outside his window. It is MOST likely that Darius is _____.
   a. experiencing an episode of sleep apnea
   b. in Stage 4 sleep
   c. in REM sleep
   d. in a drug-induced hypnogogic state

18. Which of the following is NOT characteristic of REM sleep?
   a. sexual arousal may occur
   b. muscles are paralyzed
   c. most dreams occur here
   d. a mixture of theta and delta waves

19. Galen's new baby is scrunching up her face, breathing irregularly, making little sounds, and moving her eyes rapidly back and forth under closed lids. Galen asks you if this means the baby is waking up. Based on what you know about sleep cycles, your BEST answer would be:
   a. Yes, the baby appears to be coming out of Stage 1 sleep.
   b. No, the baby is showing signs of a transition between sleep stages.
   c. Yes, the baby has obviously been awake for several minutes.
   d. No, the baby is most likely in the REM sleep stage

20. A nightmare occurs during _____.
   a. non-REM sleep
   b. REM sleep
   c. episodes of sleep apnea
   d. all of these options

21. Sleepwalking is MOST likely to occur in _____.
   a. adults
   b. hypnogogic sleep
   c. NREM sleep
   d. REM sleep

22. _____ waves are associated with drowsy relaxation.
   a. Alpha
   b. Beta
   c. Theta
   d. Delta

23. Your breathing is regular, your heart rate and blood pressure are slowing, but you are aware of what is going on around you and can be awakened easily. It is most likely that you are in _____.
   a. a hypnogogic transition
   b. a daydreaming state
   c. Stage 1 sleep
   d. Stage 2 sleep

24. Which of the following is NOT characteristic of REM sleep?
   a. irregular breathing
   b. eyes moving back and forth
   c. dreaming
   d. low-frequency brain waves

25. Which of the following people are experiencing insomnia?
   a. Kipp frequently cannot fall asleep at night
   b. Kaula regularly sleeps less than eight hours per night and does not feel rested
   c. Consuela persistently has difficulty staying asleep
   d. all of these persons are experiencing insomnia

26. Jett often walks around during REM sleep and acts out his dreams. He is probably experiencing:
   a. Somnambulism
   b. REM behavior disorder
   c. Narcolepsy
   d. Night terrors
ANSWERS

Short Answer a) fairness of the game play b) empathy or desire for revenge c) a random number table d) Participants who experience cheating will have more desire for revenge than participants who experienced fair game play. OR Participants who experience fair game play will have more empathy for the person being shocked while participants who were cheated will have less empathy for the person being shocked.

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Stress & Coping

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