

Bryant-Taneda: AP Psychology Test Bank – Consciousness (Chapter 7)

1. The claim that hypnotic phenomena are regulated by normal conscious control processes is associated with the theory that hypnosis involves:
  - A) paradoxical sleep.
  - B) dissociation.
  - C) slow-wave sleep.
  - D) role playing.
  
2. Compared to their white counterparts, African-American teens report \_\_\_\_\_ rates of alcohol use and \_\_\_\_\_ rates of cocaine use.
  - A) lower; higher
  - B) higher; lower
  - C) lower; lower
  - D) higher; higher
  
3. How a particular psychoactive drug affects a person depends on:
  - A) the dosage and form in which the drug is taken.
  - B) the user's expectations and personality.
  - C) the situation in which the drug is taken.
  - D) all of the above.
  
4. Research on the use of addictive drugs indicates that:
  - A) an occasional cigarette smoker almost always becomes a heavy smoker.
  - B) regular marijuana smokers typically experience an irresistible craving for THC.
  - C) many people are able to stop using morphine without professional help.
  - D) individuals who receive morphine from physicians for pain relief usually develop the irresistible cravings of an addict.
  
5. Caged rats respond to foot shocks with unusually high levels of aggression after ingesting:
  - A) heroin.
  - B) cocaine.
  - C) marijuana.
  - D) barbiturates.
  
6. Mrs. Johnson, who is undergoing chemotherapy for cancer, and Mrs. Roberts, who suffers from AIDS, have both been given an ordinarily illegal drug at the university hospital. Considering their specific medical problems, it is likely that they have received:
  - A) LSD.
  - B) cocaine.
  - C) marijuana.
  - D) heroin.
  
7. Which of the following has been presented as evidence that alcoholism is genetically influenced?
  - A) Alcohol abuse is positively correlated with depression.
  - B) Alcoholics are typically not aware that they are addicted to the drug.
  - C) Children of alcoholics have a relatively high tolerance for alcohol.
  - D) Alcohol abusers are unable to stop using alcohol without professional help.

8. A person whose EEG shows a high proportion of alpha waves is most likely:
- A) dreaming.
  - B) in Stage 2 sleep.
  - C) in Stage 3 sleep.
  - D) in Stage 4 sleep.
  - E) awake and relaxed.
9. According to Hilgard, hypnosis is:
- A) no different from a state of heightened motivation.
  - B) a hoax perpetrated by frauds.
  - C) the same as dreaming.
  - D) a dissociation between different levels of consciousness.
  - E) a type of "animal magnetism."
10. According to Seligman and Yellen, dreaming represents:
- A) the brain's efforts to integrate unrelated bursts of activity in the visual cortex with emotional tone provided by activity in the limbic system.
  - B) a mechanism for coping with the stresses of daily life.
  - C) a symbolic depiction of a person's unfulfilled wishes.
  - D) an information-processing mechanism for converting the day's experiences into long-term memory.
11. Compared to adults, children are \_\_\_\_\_ likely to experience night terrors and \_\_\_\_\_ likely to experience sleepwalking.
- A) more; less
  - B) less; more
  - C) less; less
  - D) more; more
12. One plausible theory suggests that hypnosis relieves pain by:
- A) distracting attention.
  - B) blocking sensory input.
  - C) speeding up the circadian rhythm.
  - D) eliciting delta waves characteristic of deep sleep.
13. Forty-year-old Roger insists that he never dreams. Research suggests that he probably:
- A) experiences very little REM sleep.
  - B) would report a vivid dream if he were awakened during REM sleep.
  - C) dreams during Stage 4 rather than during REM sleep.
  - D) experiences more Stage 4 sleep than most people.
  - E) passes through the sleep cycle much more rapidly than most people.
14. As a child, Jane enjoyed intense make-believe play with dolls, stuffed animals, and imaginary companions. As an adult, she spends an unusually large amount of time fantasizing. She is sometimes uncertain whether an event was real or imagined. A psychologist would most likely describe Jane as:
- A) highly suggestible.
  - B) a fantasy-prone personality.
  - C) a daydreamer.
  - D) a dissociator.

15. Which of the following is usually the most powerful determinant of whether teenagers begin using drugs?
- A) family strength
  - B) religiosity
  - C) school adjustment
  - D) peer influence
16. At 3 o'clock in the morning John has already slept for 4 hours. As long as his sleep continues, we can expect an increasing occurrence of:
- A) sleeptalking.
  - B) slower, more regular breathing.
  - C) muscle tension.
  - D) genital arousal.
  - E) Stage 4 sleep.
17. THC, the active ingredient in \_\_\_\_\_, is classified as a \_\_\_\_\_.
- A) marijuana; hallucinogen
  - B) marijuana; stimulant
  - C) cocaine; stimulant
  - D) cocaine; hallucinogen
  - E) heroin; depressant
18. Which theory suggests that dreams are mental responses to random bursts of neural stimulation?
- A) dissociation theory
  - B) social influence theory
  - C) activation-synthesis theory
  - D) Freud's dream theory
19. THC is the major active ingredient in:
- A) nicotine.
  - B) LSD.
  - C) marijuana.
  - D) cocaine.
  - E) amphetamine.
20. Bedwetting is most likely to occur during \_\_\_\_\_ sleep.
- A) Stage 1
  - B) Stage 2
  - C) slow-wave
  - D) paradoxical
21. Compared to when they were only 20 years old, 60-year-olds:
- A) spend less time in deep sleep.
  - B) spend less time in Stage 1 sleep.
  - C) spend more time in paradoxical sleep.
  - D) complete the sleep cycle more slowly.
22. Which of the following is NOT an example of a biological rhythm?

- A) feeling depressed during the winter months
- B) the female menstrual cycle
- C) the five sleep stages
- D) the peaking of body temperature during the day
- E) sudden sleep attacks during the day

23. Genital arousal is most likely to be associated with:

- A) sleep apnea.
- B) paradoxical sleep.
- C) Stage 4 sleep.
- D) sleep spindles.

24. Research on sleep patterns indicates that:

- A) the elderly and newborns have very similar sleep patterns.
- B) different sleep patterns reflect significant personality differences.
- C) the duration and pattern of sleep among fraternal twins is strikingly similar.
- D) everyone needs a minimum of 6 1/2 hours of sleep per night to function well.
- E) sleep patterns may be genetically influenced.

25. Those who consider hypnosis a social phenomenon contend that:

- A) hypnosis is an altered state of consciousness.
- B) hypnotic phenomena are unique to hypnosis.
- C) if a hypnotist eliminates the motivation for acting, hypnotized subjects become unresponsive.
- D) all of the above are true.

26. One effect of sleeping pills is to:

- A) depress REM sleep.
- B) increase REM sleep.
- C) depress Stage 2 sleep.
- D) increase Stage 2 sleep.

27. During which stage of sleep does the body experience increased heart rate, rapid breathing, and genital arousal?

- A) Stage 2
- B) Stage 3
- C) Stage 4
- D) REM sleep

28. The effects of chronic sleep deprivation include:

- A) suppression of the immune system.
- B) altered metabolic and hormonal functioning.
- C) misperceptions on monotonous tasks.
- D) increased accident proneness.
- E) all of the above.

29. As a form of therapy for relieving problems such as headaches, hypnosis is:

- A) ineffective.
- B) no more effective than positive suggestions given without hypnosis.
- C) highly effective.

D) more effective with adults than children.

30. At 1:00 a.m. Luis gets out of bed and begins to sleepwalk. An EEG of his brain activity is most likely to indicate the presence of:

- A) alpha waves.
- B) sleep spindles.
- C) REM sleep.
- D) delta waves.

31. Soon after taking a psychoactive drug, Karl experienced a diminished appetite, an increased pulse rate, dilated pupils, and feelings of self-confidence and euphoria. Karl most likely experienced the effects of:

- A) heroin.
- B) cocaine.
- C) LSD.
- D) marijuana.

32. People can be hypnotically induced to:

- A) surpass their normal waking levels of physical strength and stamina.
- B) perform dangerous acts that they would not perform in a normal state.
- C) recall correctly almost anything that has ever happened to them.
- D) report significant relief from the pain of placing their arms in ice water.

33. The pituitary gland is particularly likely to release a growth hormone during:

- A) Stage 2 sleep.
- B) Stage 1 sleep.
- C) slow-wave sleep.
- D) paradoxical sleep.

34. Circadian rhythms are the:

- A) brain waves that occur during Stage 4 sleep.
- B) muscular tremors that occur during opiate withdrawal.
- C) regular body cycles that occur on a 24-hour schedule.
- D) brain waves that are indicative of Stage 2 sleep.

35. Because he has difficulty falling asleep at night, Professor Hogan doesn't go to bed until very late. Before he retires, he tries to wear himself out by running around the block several times. Then he treats himself to a beer and perhaps a pizza while preparing his lecture for the next day's early morning classes. What specific advice would you give the professor to help him fall asleep?

36. The ability to simultaneously monitor the shape as well as the color of an object best illustrates the value of:

- A) dualism.
- B) dissociation.
- C) parallel processing.
- D) conscious awareness.
- E) posthypnotic suggestion.

37. Dan has recently begun using an addictive, euphoria-producing drug. Which of the following will probably occur if he repeatedly uses this drug?
- A) As tolerance to the drug develops, Dan will experience increasingly pleasurable "highs."
  - B) The dosage needed to produce the desired effect will decrease.
  - C) After each use, he will become more and more depressed.
  - D) Dependence will become less of a problem.
  - E) Both b. and c. will occur.
38. After flying from California to New York, Arthur experienced a restless, sleepless night. His problem was most likely caused by a disruption of his normal:
- A) REM sleep.
  - B) circadian rhythm.
  - C) hypnogogic state.
  - D) alpha wave pattern.
39. REM sleep is called paradoxical sleep because:
- A) our heart rate is slow and steady, while our breathing is highly irregular.
  - B) we are deeply asleep but can be awakened easily.
  - C) our nervous system is highly active, while our voluntary muscles hardly move.
  - D) it leads to highly imaginative dreams that are perceived as colorless images.
40. Which of the following was NOT suggested by the text as an important aspect of drug prevention and treatment programs?
- A) education about the long-term costs of a drug's temporary pleasures
  - B) efforts to boost people's self-esteem and purpose in life
  - C) attempts to modify peer associations
  - D) "scare tactics" that frighten prepubescent children into avoiding drug experimentation
41. False sensory experiences that occur in the absence of appropriate sensory stimulation are called:
- A) night terrors.
  - B) dreams.
  - C) psychedelics.
  - D) dissociations.
  - E) hallucinations.
42. Orne and Evans discovered that un hypnotized subjects performed the same dangerous acts as hypnotized subjects. This finding is most consistent with the theory that hypnosis involves:
- A) age regression.
  - B) dissociation.
  - C) paradoxical sleep.
  - D) conscious role playing.
43. Amphetamines are to \_\_\_\_\_ as barbiturates are to \_\_\_\_\_.
- A) hallucinogens; depressants
  - B) stimulants; depressants
  - C) hallucinogens; stimulants
  - D) stimulants; hallucinogens
44. Franco studied all evening for a chemistry test the following morning. That night he dreamt that he

copied test answers from a female classmate sitting nearby. Compare and contrast a Freudian and an information-processing explanation of Franco's dream.

45. Which of the following statements concerning marijuana is *not* true?
- A) The by-products of marijuana are cleared from the body more quickly than the by-products of alcohol.
  - B) Long-term marijuana use may depress male sex hormone and sperm levels.
  - C) Marijuana is not as addictive as nicotine or cocaine.
  - D) Large doses of marijuana hasten the loss of brain cells.
46. Monism refers to the presumption that:
- A) hypnosis and REM sleep are identical states of consciousness.
  - B) near-death experiences provide scientific evidence for life after death.
  - C) different psychological theories offer complementary rather than contradictory perspectives.
  - D) mind and body are different aspects of the same thing.
47. Which of the following groups tends to daydream the most?
- A) elderly men
  - B) elderly women
  - C) middle-aged women
  - D) middle-aged men
  - E) young adults
48. Amphetamines \_\_\_\_\_ appetite and \_\_\_\_\_ self-confidence.
- A) decrease; increase
  - B) increase; decrease
  - C) increase; increase
  - D) decrease; decrease
49. The rhythmic bursts of brain activity that occur during Stage 2 sleep are called:
- A) alpha waves.
  - B) paradoxical sleep.
  - C) sleep spindles.
  - D) delta waves.
50. Barry has just spent four nights as a subject in a sleep study in which he was awakened each time he entered REM sleep. Now that the experiment is over, which of the following can be expected to occur?
- A) Barry will be extremely irritable until his body has made up the lost REM sleep.
  - B) Barry will sleep so deeply for several nights that dreaming will be minimal.
  - C) There will be an increase in sleep Stages 1–4.
  - D) There will be an increase in Barry's REM sleep.
51. Francois was dismayed to discover that some of his football teammates were using drugs to enhance their footwork and endurance on the playing field. Which of the following drugs were the players most likely using?
- A) morphine derivatives
  - B) marijuana
  - C) amphetamines
  - D) barbiturates

52. The modern discovery of hypnosis is generally attributed to:
- A) Freud.
  - B) Mesmer.
  - C) Spanos.
  - D) Hilgard.
53. While soundly asleep people cannot:
- A) talk and dream at the same time.
  - B) incorporate environmental changes into the manifest content of their dreams.
  - C) learn tape-recorded messages to which they are repeatedly exposed.
  - D) do any of the above.
54. In her frantic efforts to cover up her husband's alcohol abuse, Sharon often makes his business calls and completes routine paper work on his behalf. Her behavior is most likely to be cited as an indication of:
- A) dissociation.
  - B) drug tolerance.
  - C) co-dependency.
  - D) a fantasy-prone personality.
  - E) narcolepsy.
55. Chronic sleep deprivation is likely to \_\_\_\_\_ obesity and \_\_\_\_\_ memory.
- A) facilitate; facilitate
  - B) inhibit; impair
  - C) facilitate; impair
  - D) inhibit; facilitate
56. Which of the following is NOT a theory of dreaming mentioned in the text?
- A) Dreams facilitate information processing.
  - B) Dreaming stimulates the developing brain.
  - C) Dreams result from random neural activity originating in the brainstem.
  - D) Dreaming is an attempt to escape from social stimulation.
57. According to Freud, the latent content of a dream refers to:
- A) its accompanying brain-wave pattern.
  - B) the previous day's events that prompted the dream.
  - C) the sensory stimuli in the sleeping environment that are incorporated into the dream.
  - D) its underlying but censored meaning.
58. Which of the following statements concerning the roots of drug use is not TRUE?
- A) Heavy users of alcohol, marijuana, and cocaine often are depressed.
  - B) If an adolescent's friends use drugs, odds are that he or she will, too.
  - C) Teenagers who come from happy families and do well in school seldom use drugs.
  - D) It is nearly impossible to predict whether or not a particular adolescent will experiment with drugs.
59. REM sleep is \_\_\_\_\_ by alcohol and \_\_\_\_\_ by sleeping pills.
- A) inhibited; inhibited

- B) facilitated; inhibited
- C) inhibited; facilitated
- D) facilitated; facilitated

60. Research studies of the effectiveness of hypnosis as a form of therapy have demonstrated that:

- A) for problems of self-control, such as smoking, hypnosis is equally effective with subjects who can be deeply hypnotized and those who cannot.
- B) posthypnotic suggestions have helped alleviate headaches, asthma, warts, and certain skin disorders.
- C) positive suggestions given without hypnosis are often as effective as hypnosis as a form of therapy.
- D) all of the above are true.

61. Psychoactive drugs affect behavior and perception through:

- A) the power of suggestion.
- B) the placebo effect.
- C) alteration of neural activity in the brain.
- D) psychological, not physiological, influences.

62. REM sleep is referred to as "paradoxical sleep" because:

- A) studies of people deprived of REM sleep indicate that REM sleep is unnecessary.
- B) the body's muscles remain relaxed while the brain and eyes are active.
- C) it is very easy to awaken a person from REM sleep.
- D) the body's muscles are very tense while the brain is in a nearly meditative state.
- E) erection during REM sleep indicates sexual arousal.

63. REM rebound involves the:

- A) tendency for REM sleep periods to become increasingly longer and more frequent as a normal night of sleep progresses.
- B) increase in REM sleep that characteristically follows intense learning episodes or stressful daytime experiences.
- C) unusual symptoms of tiredness and irritability that follow periods of REM sleep deprivation.
- D) tendency for REM sleep to increase following REM sleep deprivation.

64. Research on sleep and dreams indicates that:

- A) older adults sleep more than young adults.
- B) when people dream of performing some activity, their limbs often move in concert with the dream.
- C) sleepwalkers are acting out their dreams.
- D) the circadian rhythm has no influence on our patterns of sleep.
- E) none of the above is true.

65. Which of the following statements concerning near-death experiences is true?

- A) Fewer than 1 percent of patients who come close to dying report having them.
- B) They typically consist of fantastic, mystical imagery.
- C) They are more commonly experienced by females than by males.
- D) They are more commonly experienced by males than by females.

66. After a stressful day at the office, Harvey has five or six drinks at a local bar before going home for dinner. Research suggests that Harvey's heavy drinking will have the most adverse effect on his ability to remember:

- A) at the time he is drinking the names of the people he has just met.

- B) the next day the names of the people he talked to and what he said while drinking.
- C) at the time he is drinking the name of his employer and his own home address.
- D) the next day the names of the business associates he talked to before going to the bar.

67. Mr. Oates always sleeps restlessly, snorting and gasping throughout the night. It is most likely that

Mr. Oates suffers from:

- A) sleep apnea.
- B) narcolepsy.
- C) night terror.
- D) insomnia.

68. The school of thought in psychology that systematically avoided the study of consciousness during the first half of this century was:

- A) psychoanalysis.
- B) behaviorism.
- C) humanistic psychology.
- D) structuralism.
- E) Gestalt psychology.

69. The greatest danger of viewing drug addiction as a disease is that this may lead:

- A) drug addicts to feel increased feelings of shame.
- B) co-dependents to hide the drug abuse from public view.
- C) drug addicts to feel powerless to overcome the addiction.
- D) society as a whole to become increasingly hostile and prejudicial toward drug addicts.

70. The claim that hypnotic phenomena are regulated by control processes outside of our normal awareness is associated with the theory that hypnosis involves:

- A) slow-wave sleep.
- B) dissociation.
- C) paradoxical sleep.
- D) role-playing.

71. Compared to young women, young men are \_\_\_\_\_ likely to report dreams involving sexual imagery and they are \_\_\_\_\_ likely to dream about members of the same sex.

- A) less; more
- B) more; less
- C) less; less
- D) more; more

72. Roberto is moderately intoxicated by alcohol. Which of the following changes in his behavior is likely to occur?

- A) If angered, he is more likely to become aggressive than when he is sober.
- B) He will be less self-conscious about his behavior.
- C) If sexually aroused, he will be less inhibited about engaging in sexual activity.
- D) The next day he may be unable to remember what happened while he was drinking.
- E) All of the above are likely.

73. Freud is to \_\_\_\_\_ as Mesmer is to \_\_\_\_\_.

- A) narcolepsy; hypnosis

- B) slow-wave sleep; paradoxical sleep
- C) dream interpretation; animal magnetism
- D) posthypnotic suggestion; sleep apnea
- E) hallucinations; REM rebound

74. Unpleasant withdrawal symptoms are indicative of:

- A) insomnia.
- B) narcolepsy.
- C) dissociation.
- D) physical dependence.
- E) REM rebound.

75. Twenty-eight-year-old Theodore has an irrational fear of dogs. His therapist hypnotizes him and asks him to remember his earliest childhood experience with a dog. The therapist is making use of:

- A) posthypnotic suggestion.
- B) age regression.
- C) retrograde amnesia.
- D) temporal dissociation.
- E) the hidden observer.

76. Which of the following statements concerning alcoholism is NOT true?

- A) Adopted individuals are more susceptible to alcoholism if they had an alcoholic adoptive parent.
- B) Having an alcoholic identical twin puts a male at increased risk of becoming alcoholic.
- C) Compared to children of nonalcoholics, children of alcoholics have a higher tolerance for multiple alcoholic drinks.
- D) Researchers have bred rats that prefer alcohol to water.

77. Traffic accident rates have been found to \_\_\_\_\_ after the spring change to daylight savings time and to \_\_\_\_\_ after the fall change back to standard time.

- A) increase; increase
- B) decrease; decrease
- C) increase; decrease
- D) decrease; increase

78. Consciousness is:

- A) the ability to solve problems, reason, and remember.
- B) the sudden and often novel realization of the solution to a problem.
- C) the process of organizing and interpreting sensory information.
- D) effortless encoding of incidental information into memory.
- E) our awareness of ourselves and our environment.

79. The brain waves associated with REM sleep are most similar to those of:

- A) Stage 1 sleep.
- B) Stage 2 sleep.
- C) Stage 3 sleep.
- D) Stage 4 sleep.

80. Consciousness is to subconsciousness as \_\_\_\_\_ is to \_\_\_\_\_.

- A) monism; dualism

- B) serial processing; parallel processing
- C) narcolepsy; sleep apnea
- D) latent content; manifest content
- E) delta wave; alpha wave

81. Repeated use of an opiate:

- A) decreases the brain's production of endorphins.
- B) increases heart and breathing rates.
- C) does not seem to be followed by serious withdrawal symptoms.
- D) triggers auditory as well as visual hallucinations.

82. Which of the following was NOT cited in the text as evidence that heredity influences alcohol use?

- A) Children whose parents abuse alcohol have a lower tolerance for multiple alcoholic drinks taken over a short period of time.
- B) Boys who are impulsive and fearless at age 6 are more likely to drink as teenagers.
- C) Laboratory mice have been selectively bred to prefer alcohol to water.
- D) Adopted children are more susceptible if one or both of their biological parents has a history of alcoholism.

83. Which drugs are most likely to be prescribed as tranquilizers?

- A) amphetamines
- B) barbiturates
- C) hallucinogens
- D) opiates

84. Evidence suggests that we consolidate our memories of recent life events during \_\_\_\_\_ sleep.

- A) Stage 1
- B) Stage 2
- C) Stage 3
- D) Stage 4
- E) REM

85. Which of the following disorders is characterized by the temporary cessation of breathing while asleep?

- A) narcolepsy
- B) sleep apnea
- C) night terror
- D) insomnia

86. Circadian rhythm refers to:

- A) the pattern of emotional ups and downs we routinely experience.
- B) a pattern of biological functioning that occurs on a roughly 24-hour cycle.
- C) the experience of jet lag following an extensive transoceanic flight.
- D) the cycle of five distinct stages that we experience during a normal night's sleep.

87. Psychologists who are critical of hypnotherapy are most likely to question whether its benefits are:

- A) outweighed by the dangers of dissociation.
- B) restricted to superficial problems.
- C) retained beyond the hypnotic session itself.

D) produced by the hypnosis itself.

88. Experiments in which hypnotized individuals have been encouraged to perform apparently dangerous acts best illustrate that:

- A) hypnosis is a special state of dissociated consciousness.
- B) information processing during hypnosis occurs only at a subconscious level.
- C) people are surprisingly susceptible to destructive social influence.
- D) the use of hypnosis as a form of entertainment is clearly inappropriate.

89. A stage hypnotist can best increase the hypnotizability of select audience members by first providing them with a:

- A) memory quiz that encourages them to recall their own early life experiences.
- B) convincing demonstration of his or her hypnotic induction skills.
- C) caffeinated beverage that temporarily boosts mental alertness.
- D) simple promise that they will not be publically humiliated.

90. Concluding his presentation on levels of information processing, Miguel states that:

- A) humans process both conscious and subconscious information in parallel.
- B) conscious processing occurs in parallel, while subconscious processing is serial.
- C) conscious processing is serial, while subconscious processing is parallel.
- D) all information processing is serial in nature.

91. Three hours after going to sleep, Shoshanna's heart rate increases, her breathing becomes more rapid, and her eyes move rapidly under her closed lids. Research suggests that Shoshanna is:

- A) dreaming.
- B) entering the third stage of sleep.
- C) ready to sleepwalk.
- D) exhibiting a sleep spindle.
- E) experiencing a night terror.

92. Hypnotized people who have been age regressed are no more genuinely childlike than unhypnotized people who are asked to feign childlike behavior. This fact most clearly supports:

- A) Freud's dream theory.
- B) social influence theory.
- C) the activation-synthesis theory.
- D) dissociation theory.

93. In Robert True's study, hypnotized subjects correctly reported the day of the week on which their fourth, seventh, and tenth birthday occurred. This experiment illustrated that:

- A) hypnosis can promote accurate recall of forgotten material.
- B) hypnotists can subtly influence the memories of their subjects.
- C) every experience a person has ever had is recorded in the brain.
- D) hypnosis involved a state of dissociated consciousness.

94. The best indication that dreaming serves a necessary biological function is provided by the fact that:

- A) most dreams are psychologically meaningless.
- B) the disruption of REM sleep leads to narcolepsy.
- C) cats and monkeys experience REM rebound.
- D) sexual tension is naturally discharged during REM sleep.

95. Which of the following statements concerning daydreaming is true?
- A) People prone to violence or drug use tend to have more frequent vivid daydreams.
  - B) Most daydreaming involves the familiar details of our everyday lives.
  - C) Psychologists consider children's daydreams to be unhealthy.
  - D) All of the above are true.
96. At its beginning, psychology focused on the study of:
- A) observable behavior.
  - B) consciousness.
  - C) abnormal behavior.
  - D) all of the above.
97. The social influence theory of hypnosis receives support from evidence that:
- A) behaviors produced through hypnotic procedures can also be produced without them.
  - B) hypnotized subjects have a hidden observer.
  - C) easily hypnotized individuals have difficulty focusing attention on their own thoughts and feelings.
  - D) very few people are at all responsive to hypnotic suggestions.
98. The theory that dreams help to solidify our memories of daytime experiences is supported by the finding that:
- A) with increasing age and experience, people spend progressively more of their sleep time in REM sleep.
  - B) dreams are triggered by neural activity that originates in the higher learning centers of the cerebral cortex.
  - C) the manifest content of our dreams usually reflects the events of the previous day.
  - D) people deprived of REM sleep remember less of certain pre-sleep information than people deprived of other sleep stages.
99. A good friend of yours hopes that hypnosis will improve his memory and help him study longer and more effectively. He worries, however, that he might not be easily hypnotized. Your mother hopes that hypnosis will help relieve her arthritis pain but fears that under hypnosis she might do something embarrassing. Discuss the extent to which the hopes and fears of your friend and your mother are realistic. Where appropriate, use research evidence to support your conclusions.
100. 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.
  - E) preventing the body from producing endorphins.

**Answer Key - 01.01.24:AP Psychology 12:Chap 7.ef**

- 1. D
- 2. C
- 3. D
- 4. C
- 5. B

6. C
7. C
8. E
9. D
10. A
11. D
12. A
13. B
14. B
15. D
16. D
17. A
18. C
19. C
20. C
21. A
22. D
23. B
24. E
25. C
26. A
27. D
28. E
29. B
30. D
31. B
32. D
33. C
34. C
- 35.
36. C
37. C
38. B
39. C
40. D
41. E
42. D
43. B
- 44.
45. A
46. D
47. E
48. A
49. C
50. D
51. C
52. B
53. C
54. C
55. C
56. D
57. D
58. D
59. A
60. D
61. C

- 62. B
- 63. D
- 64. E
- 65. B
- 66. B
- 67. A
- 68. B
- 69. C
- 70. B
- 71. D
- 72. E
- 73. C
- 74. D
- 75. B
- 76. A
- 77. C
- 78. E
- 79. A
- 80. B
- 81. A
- 82. A
- 83. B
- 84. E
- 85. B
- 86. B
- 87. D
- 88. C
- 89. B
- 90. C
- 91. A
- 92. B
- 93. B
- 94. C
- 95. B
- 96. B
- 97. A
- 98. D
- 99.
- 100. C