

## Practice Quiz - Motivation, Emotion, & Stress

- \_\_\_ 1. According to drive theory of motivation, if you drink water when you are thirsty, drinking results in
- drive production and serves as an incentive
  - drive reduction and restores physiological equilibrium
  - need production and serves as an incentive
  - need reduction and restores physiological equilibrium
- \_\_\_ 2. A bonus of \$100.00 for completing a work assignment before a deadline is an example of
- an incentive
  - a reward
  - drive reduction
  - a motive
- \_\_\_ 3. Animals with a surgically destroyed lateral hypothalamus show
- excessive thirst and consumption of water
  - little or no interest in eating and weight loss
  - excessive overeating and weight gain
  - little or no interest in sex
- \_\_\_ 4. If, after brain damage suffered in a car accident, a person gained 50 pounds in two months you would most likely suspect damage to the
- ventromedial hypothalamus
  - dorsal hypothalamus
  - lateral hypothalamus
  - glucostats
- \_\_\_ 5. William, a subject in a psychology experiment, just received an injection that raised his blood glucose level. William is most likely to report
- he feels angry
  - he feels happy
  - he feels hungry
  - he does not feel hungry
- \_\_\_ 6. Which of the following is not associated with a decrease in hunger or eating behavior?
- damage to the lateral hypothalamus
  - a decrease in blood glucose level
  - nervous system information indicating stretching of the stomach walls
  - high levels of leptin in the blood
- \_\_\_ 7. Kathy has lost 25 pounds recently through dieting. According to \_\_\_ she will have difficulty keeping the weight off because her metabolism will have decreased in order to maintain the fat stores in her body.
- set-point theory
  - settling-point theory
  - evolutionary theory
  - dietary restraint theory
- \_\_\_ 8. Craig has a desire to excel; Craig is
- high in achievement motivation
  - high in success motivation
  - average in achievement motivation
  - average in success motivation
- \_\_\_ 9. In a friendly game of horseshoes, you would expect a person high in achievement motivation to choose to stand
- very close to the target
  - a moderate distance from the target
  - very far from the target
  - either very close to or very far from the target
- \_\_\_ 10. Which of the following is not one of the three components of emotion?
- behavioral
  - cognitive
  - perceptual
  - physiological
- \_\_\_ 11. As Christine is watching the climax of a horror movie, all at once she is frightened, nervous, and excited. Her behavior reflects the \_\_\_ component of emotion.
- behavioral
  - cognitive
  - perceptual
  - physiological

- \_\_\_ 12. As Christine is watching the climax of a horror movie, she gets "goose bumps," her heart starts pounding, and her breathing becomes more rapid. Her behavior reflects the \_\_\_ component of emotion.
- behavioral
  - cognitive
  - perceptual
  - physiological
- \_\_\_ 13. The nervous system pathway which transmits information from the thalamus to the \_\_\_ is a rapid-response pathway that quickly results in physiological responses associated with emotion.
- medulla
  - amygdala
  - cerebral cortex
  - cerebellum
- \_\_\_ 14. As Christine is watching the climax of a horror movie, she grasps the arms of her chair, gasps, and closes her eyes. Her behavior reflects the \_\_\_ component of emotions.
- physiological
  - cognitive
  - perceptual
  - behavioral
- \_\_\_ 15. If you go to a party and force yourself to smile even though you are feeling a little depressed, there is a good chance that you will
- actually feel a little happier
  - continue to feel depressed
  - feel more depressed later
  - fool everyone at the party except yourself
- \_\_\_ 16. The \_\_\_ in Japanese society encourage masking emotions such as anger and sadness by exhibiting polite smiling or a neutral expression.
- display rules
  - rules of engagement
  - rules of conduct
  - rules of polite society
- \_\_\_ 17. According to the James-Lange theory, one's conscious experience of emotion occurs
- independently of autonomic arousal
  - before autonomic arousal
  - after autonomic arousal
  - simultaneously with autonomic arousal
- \_\_\_ 18. While walking down the street, you are approached by a man with a gun who demands your money. According to the James-Lange theory of emotion, you are most likely to conclude
- it is alright to be afraid in this situation
  - since your heart is pounding in this dangerous situation, you are afraid
  - your heart is pounding because you are afraid
  - you are afraid because your heart is pounding
- \_\_\_ 19. According to the Cannon-Bard theory of emotion, one's conscious experience of emotion occurs
- independently of autonomic arousal
  - before autonomic arousal
  - after autonomic arousal
  - simultaneously with autonomic arousal
- \_\_\_ 20. Walking through the forest you see a bear. All at once, your heart starts pounding, you feel fear, and you run. This description best illustrates the \_\_\_ theory of emotion.
- commonsense
  - Cannon-Bard
  - James-Lange
  - Schachter two-factor
- \_\_\_ 21. The theory of emotion that proposes the conscious experience of emotion results from one's cognitive interpretation of an event that caused autonomic arousal is the
- Schachter two-factor theory
  - Cannon-Bard theory
  - facial-feedback theory
  - James-Lange theory
- \_\_\_ 22. Walking through the forest, you see a bear. Your heart starts pounding and you start to run away from this dangerous situation that caused you to be afraid. This description best illustrates the \_\_\_ theory of emotion.
- commonsense
  - Cannon-Bard
  - James-Lange
  - Schachter two-factor

- \_\_\_\_\_ 23. Imagine you studied for this psychology exam with two of your classmates. If one classmate, Becky, was very nervous and "stressed-out" about the exam, and the other classmate, Craig, thought the exam "wasn't a big deal," their differing attitudes are most consistent with the finding that
- some people use constructive coping techniques to reduce stress
  - people's appraisal of stressful events are highly objective
  - people's appraisals of stressful events are highly subjective
  - males experience many events as less stressful than females
- \_\_\_\_\_ 24. Today is the day your younger sister's first choice for college said she would get her acceptance (or rejection) letter in the mail. It's 3:00 p.m. and the mail, which usually comes by noon, still hasn't been delivered. Most likely your sister is experiencing
- pressure
  - change
  - conflict
  - frustration
- \_\_\_\_\_ 25. When a person has two or more incompatible motivations or behavioral impulses competing for expression, the person experiences
- change
  - pressure
  - frustration
  - conflict
- \_\_\_\_\_ 26. Which of the following is an example of a stressful situation that involves conflict?
- you can't decide whether to go to Florida or Mexico for spring break
  - you're stuck behind a slow-moving car on a one lane road
  - you have a term paper due the day after tomorrow and you haven't started it yet
  - you just took out a large car loan
- \_\_\_\_\_ 27. A choice must be made between two attractive choices in an
- attractive-attractive conflict
  - approach-approach conflict
  - approach-avoidance conflict
  - avoidance-avoidance conflict
- \_\_\_\_\_ 28. Next semester John needs to take one required course to complete his history major. The two sections of the course are offered at 8:00 a.m. (not ideal for John who likes to sleep until 10:00 a.m.) and at noon with a Professor usually referred to as Dr. Dull. As John decides on his schedule, he will most likely experience an \_\_\_\_\_ conflict.
- avoidance-avoidance
  - approach-avoidance
  - attack-avoidance
  - approach-approach
- \_\_\_\_\_ 29. Susan is shopping for a new car. She was planning on purchasing a car she could afford if she takes out a small loan. She just looked at a car that she "fell in love with" but she would need to double the size of her car loan to buy it. As Susan decides whether to purchase the more expensive car, she will most likely experience an
- approach-avoidance conflict
  - attractive-unattractive conflict
  - approach-approach conflict
  - avoidance-avoidance conflict
- \_\_\_\_\_ 30. The relationship between level of arousal and performance is described by the
- inverted-U hypothesis
  - standard-U hypothesis
  - normal curve hypothesis
  - resistance-exhaustion hypothesis
- \_\_\_\_\_ 31. Chad is an excellent golfer, very good at basketball, competent at tennis, and just started to play rugby. Chad's optimal level of arousal should be lowest when he is playing
- golf
  - basketball
  - tennis
  - rugby
- \_\_\_\_\_ 32. The fight-or-flight response is
- a behavioral reaction to threat involving the somatic nervous system
  - an emotional reaction to threat involving the central nervous system
  - a physiological reaction to threat involving the autonomic nervous system
  - an emotional, behavioral, and physiological reaction to threat involving the central nervous system

- \_\_\_ 33. All of the following accurately reflect Seyle's description of physiological responses to stress except
- if a stress is prolonged, the individual becomes accustomed to the threat
  - physiological responses to stress differ, or are specific, to specific types of stressors
  - continuing exposure to a stress may result in the individual exhibiting increased susceptibility to diseases of adaptation
  - initially stress causes an activation of the fight-or-flight response
- \_\_\_ 34. The correct order of the stages of the general adaptation syndrome is
- alarm, resistance, exhaustion
  - resistance, alarm, exhaustion
  - alarm, exhaustion, resistance
  - resistance, exhaustion, alarm
- \_\_\_ 35. With three finals and two papers on her schedule at the beginning of finals' week, Kim was very aware of feeling her body "all keyed-up" as she worried how she could possibly do everything she needed to do. By the middle of the week, Kim felt calmer and was dealing fairly well with budgeting her time and was completing tasks in a timely fashion. During the middle of finals' week Kim was most likely in the \_\_\_ stage of the general adaptation syndrome.
- resistance
  - recovery
  - exhaustion
  - alarm reaction
- \_\_\_ 36. If one thinks of the general adaptation syndrome by the initials "GAS," it is most appropriate to say "the body runs out of gas" during the
- stage of recovery
  - stage of exhaustion
  - alarm reaction stage
  - stage of resistance
- \_\_\_ 37. In times of stress, activation of the sympathetic nervous system results in the adrenal gland secreting hormones that tend to
- decrease emotional arousal
  - mobilize the body for action
  - conserve energy
  - increase energy and inhibit tissue inflammation
- \_\_\_ 38. Don is an executive in a large corporation. He puts in long hours at work, usually has a cell phone to his ear while driving, and eats lunch at his desk. He is a tough boss and frequently loses his temper with underperforming employees. When relaxing on the golf course, he has been observed throwing underperforming golf clubs into a lake. Don's behavior is typical of the \_\_\_ personality.
- Type A
  - Type B
  - Type X
  - Type Y
- \_\_\_ 39. Research has demonstrated individuals with Type A personality
- have an increased risk of developing cancer
  - have a decreased risk of developing cancer
  - have an increased risk of developing heart disease
  - have a decreased risk of developing heart disease
- \_\_\_ 40. According to Albert Ellis, thinking that involves unrealistically pessimistic appraisal of stress that exaggerate the magnitude of one's problems defines
- emotional thinking
  - optimistic thinking
  - pessimistic thinking
  - catastrophic thinking

## Practice Quiz - Motivation, Emotion, & Stress Answer Section

### MULTIPLE CHOICE

1. ANS: B	PTS: 1	REF: 376	OBJ: 10-1 TYPE: Concept/Applied
2. ANS: A	PTS: 1	REF: 377	OBJ: 10-1 TYPE: Concept/Applied
3. ANS: B	PTS: 1	REF: 378	OBJ: 10-3 TYPE: Factual
4. ANS: A	PTS: 1	REF: 378	OBJ: 10-3 TYPE: Concept/Applied
5. ANS: D	PTS: 1	REF: 379	OBJ: 10-3 TYPE: Concept/Applied
6. ANS: B	PTS: 1	REF: 379	OBJ: 10-3 TYPE: Critical Thinking
7. ANS: A	PTS: 1	REF: 384	OBJ: 10-5 TYPE: Concept/Applied
8. ANS: A	PTS: 1	REF: 396	OBJ: 10-13 TYPE: Concept/Applied
9. ANS: B	PTS: 1	REF: 397	OBJ: 10-14 TYPE: Concept/Applied
10. ANS: C	PTS: 1	REF: 398-399	OBJ: 10-16 TYPE: Factual
11. ANS: B	PTS: 1	REF: 399	OBJ: 10-16 TYPE: Concept/Applied
12. ANS: D	PTS: 1	REF: 400	OBJ: 10-17 TYPE: Concept/Applied
13. ANS: B	PTS: 1	REF: 402	OBJ: 10-17 TYPE: Factual
14. ANS: D	PTS: 1	REF: 402	OBJ: 10-18 TYPE: Concept/Applied
15. ANS: A	PTS: 1	REF: 402-403	OBJ: 10-18 TYPE: Concept/Applied
16. ANS: A	PTS: 1	REF: 404	OBJ: 10-19 TYPE: Factual
17. ANS: C	PTS: 1	REF: 405	OBJ: 10-20 TYPE: Factual
18. ANS: D	PTS: 1	REF: 406	OBJ: 10-20 TYPE: Concept/Applied
19. ANS: D	PTS: 1	REF: 406	OBJ: 10-20 TYPE: Factual
20. ANS: B	PTS: 1	REF: 406	OBJ: 10-20 TYPE: Concept/Applied
21. ANS: A	PTS: 1	REF: 406	OBJ: 10-20 TYPE: Factual
22. ANS: D	PTS: 1	REF: 406	OBJ: 10-20 TYPE: Concept/Applied
23. ANS: C	PTS: 1	REF: 512	OBJ: 13-2 TYPE: Concept/Applied
24. ANS: D	PTS: 1	REF: 513	OBJ: 13-3 TYPE: Concept/Applied
25. ANS: D	PTS: 1	REF: 513	OBJ: 13-4 TYPE: Factual
26. ANS: A	PTS: 1	REF: 513	OBJ: 13-4 TYPE: Concept/Applied
27. ANS: B	PTS: 1	REF: 513	OBJ: 13-4 TYPE: Factual
28. ANS: A	PTS: 1	REF: 514	OBJ: 13-4 TYPE: Concept/Applied
29. ANS: A	PTS: 1	REF: 514	OBJ: 13-4 TYPE: Concept/Applied
30. ANS: A	PTS: 1	REF: 518	OBJ: 13-6 TYPE: Factual
31. ANS: D	PTS: 1	REF: 518	OBJ: 13-6 TYPE: Concept/Applied
32. ANS: C	PTS: 1	REF: 519	OBJ: 13-7 TYPE: Factual
33. ANS: B	PTS: 1	REF: 519	OBJ: 13-7 TYPE: Factual
34. ANS: A	PTS: 1	REF: 520	OBJ: 13-7 TYPE: Factual
35. ANS: A	PTS: 1	REF: 520	OBJ: 13-7 TYPE: Concept/Applied
36. ANS: B	PTS: 1	REF: 520	OBJ: 13-7 TYPE: Critical Thinking
37. ANS: B	PTS: 1	REF: 520	OBJ: 13-8 TYPE: Factual
38. ANS: A	PTS: 1	REF: 528	OBJ: 13-13 TYPE: Concept/Applied
39. ANS: C	PTS: 1	REF: 528	OBJ: 13-13 TYPE: Factual
40. ANS: D	PTS: 1	REF: 542	OBJ: 13-26 TYPE: Factual