Practice Quiz - Motivation, Emotion, & Stress

1. According to drive theory of motivation, if you drink water when you are thirsty, drinking results in
   a. drive production and serves as an incentive
   b. drive reduction and restores physiological equilibrium
   c. need production and serves as an incentive
   d. need reduction and restores physiological equilibrium

2. A bonus of $100.00 for completing a work assignment before a deadline is an example of
   a. an incentive
   b. a reward

3. Animals with a surgically destroyed lateral hypothalamus show
   a. excessive thirst and consumption of water
   b. little or no interest in eating and weight loss
   c. excessive overeating and weight gain
   d. 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
   a. ventromedial hypothalamus
   b. dorsal hypothalamus
   c. lateral hypothalamus
   d. 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
   a. he feels angry
   b. he feels happy
   c. he feels hungry
   d. he does not feel hungry

6. Which of the following is not associated with a decrease in hunger or eating behavior?
   a. damage to the lateral hypothalamus
   b. a decrease in blood glucose level
   c. nervous system information indicating stretching of the stomach walls
   d. 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.
   a. set-point theory
   b. settling-point theory
   d. dietary restraint theory

8. Craig has a desire to excel; Craig is
   a. high in achievement motivation
   b. high in success motivation
   c. average in achievement motivation
   d. average in success motivation

9. In a friendly game of horseshoes, you would expect a person high in achievement motivation to choose to stand
   a. very close to the target
   b. a moderate distance from the target
   c. very far from the target
   d. either very close to or very far from the target

10. Which of the following is not one of the three components of emotion?
    a. behavioral
    b. cognitive
    d. 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.
    a. behavioral
    b. cognitive
    c. perceptual
    d. 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.
   a. behavioral
   b. cognitive
   c. perceptual
   d. 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.
   a. medulla
   b. amygdala
   c. cerebral cortex
   d. 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.
   a. physiological
   b. cognitive
   c. perceptual
   d. 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
   a. actually feel a little happier
   b. continue to feel depressed
   c. feel more depressed later
   d. 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.
   a. display rules
   b. rules of engagement
   c. rules of conduct
   d. rules of polite society

17. According to the James-Lange theory, one's conscious experience of emotion occurs
   a. independently of autonomic arousal
   b. before autonomic arousal
   c. after autonomic arousal
   d. 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
   a. it is alright to be afraid in this situation
   b. since your heart is pounding in this dangerous situation, you are afraid
   c. your heart is pounding because you are afraid
   d. you are afraid because your heart is pounding

19. According to the Cannon-Bard theory of emotion, one's conscious experience of emotion occurs
   a. independently of autonomic arousal
   b. before autonomic arousal
   c. after autonomic arousal
   d. 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.
   a. commonsense
   b. Cannon-Bard
   c. James-Lange
   d. 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
   a. Schachter two-factor theory
   b. Cannon-Bard theory
   c. facial-feedback theory
   d. 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.
   a. commonsense
   b. Cannon-Bard
   c. James-Lange
   d. 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
a. some people use constructive coping techniques to reduce stress
b. people's appraisal of stressful events are highly objective
c. people's appraisals of stressful events are highly subjective
d. 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
a. pressure
c. conflict
b. change
d. frustration

25. When a person has two or more incompatible motivations or behavioral impulses competing for expression, the person experiences
a. change
c. frustration
b. pressure
d. conflict

26. Which of the following is an example of a stressful situation that involves conflict?
a. you can't decide whether to go to Florida or Mexico for spring break
b. you're stuck behind a slow-moving car on a one lane road
c. you have a term paper due the day after tomorrow and you haven't started it yet
d. you just took out a large car loan

27. A choice must be made between two attractive choices in an
a. attractive-attractive conflict
c. approach-avoidance conflict
b. approach-approach conflict
d. 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.
a. avoidance-avoidance
c. attack-avoidance
b. approach-avoidance
d. 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
a. approach-avoidance conflict
c. approach-approach conflict
b. attractive-unattractive conflict
d. avoidance-avoidance conflict

30. The relationship between level of arousal and performance is described by the
a. inverted-U hypothesis
c. normal curve hypothesis
b. standard-U hypothesis
d. 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
a. golf
c. tennis
b. basketball
d. rugby

32. The fight-or-flight response is
a. a behavioral reaction to threat involving the somatic nervous system
b. an emotional reaction to threat involving the central nervous system
c. a physiological reaction to threat involving the autonomic nervous system
d. 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
a. if a stress is prolonged, the individual becomes accustomed to the threat
b. physiological responses to stress differ, or are specific, to specific types of stressors
c. continuing exposure to a stress may result in the individual exhibiting increased susceptibility to diseases of adaptation
d. initially stress causes an activation of the fight-or-flight response

34. The correct order of the stages of the general adaptation syndrome is
a. alarm, resistance, exhaustion
c. alarm, exhaustion, resistance
b. resistance, alarm, exhaustion
d. 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.
a. resistance
c. exhaustion
b. recovery
d. 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
a. stage of recovery
c. alarm reaction stage
b. stage of exhaustion
d. stage of resistance

37. In times of stress, activation of the sympathetic nervous system results in the adrenal gland secreting hormones that tend to
a. decrease emotional arousal
c. conserve energy
b. mobilize the body for action
d. 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.
a. Type A
c. Type X
b. Type B
d. Type Y

39. Research has demonstrated individuals with Type A personality
a. have an increased risk of developing cancer
b. have a decreased risk of developing cancer
c. have an increased risk of developing heart disease
d. 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
a. emotional thinking
c. pessimistic thinking
b. optimistic thinking
d. catastrophic thinking
## Practice Quiz - Motivation, Emotion, & Stress

### Answer Section

#### MULTIPLE CHOICE

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