Moto-Emo Practice Test

Multiple Choice

Identify the letter of the choice that best completes the statement or answers the question.

1. Which of the following statements related to Cannon's findings on hunger is true?
   a. There is a correlation between stomach contractions and feelings of hunger.
   b. People whose stomach has been surgically removed still experience hunger.
   c. Stomach contractions do not cause hunger.
   d. All of these statements are true.

2. A laboratory rat has had part of its hypothalamus destroyed by lesioning. The rat doesn't seem to know when to stop eating, and has ballooned to several times its normal size. In this case, it would appear that portions of the
   a. ventromedial hypothalamus have been destroyed
   b. lateral hypothalamus have been destroyed
   c. parvocellular hypothalamus have been destroyed
   d. magnocellular hypothalamus have been destroyed

3. According to glucostatic theory, the level of _____ in the _____ is a primary control mechanism for the regulation of hunger.
   a. cholecystokinin; bloodstream
   b. glucose; blood
   c. lipids; liver
   d. metabolites; pancreas

4. Which of the following would not be considered an environmental factor in the regulation of hunger?
   a. stress
   b. hormonal fluctuations
   c. food-related cues
   d. learned preferences and habits

5. Recent surveys indicate that the incidence of obesity in the United States has
   a. increased
   b. decreased
   c. remained constant
   d. virtually disappeared

6. According to set-point theory, the body monitors the
   a. level of fat stores in the body to keep it fairly constant
   b. level of glucose in the bloodstream
   c. basal metabolic rate to keep it constant
   d. activity of the hypothalamus

7. Which of the following statements regarding fat cells and weight loss is accurate?
   a. Weight loss reduces the average size of fat cells.
   b. Weight loss reduces the number of fat cells.
   c. Weight loss will reduce the number of fat cells, but only with regular exercise.
   d. Recent studies indicate that there is virtually no relationship between weight loss and fat cells.
8. Set-point theorists propose that people's set point depends on
   a. their bone structure
   b. their activity level
   c. the number of fat cells they possess
   d. their current body weight

9. Which of the following concepts best explains the behavior of a person who believes he/she has cheated on a diet, and then proceeds to go on an eating binge because "I've already blown my diet anyway"?
   a. set point
   b. reaction range
   c. dietary restraint
   d. genetic predisposition

10. The need to associate with others and maintain social bonds is referred to as the ________ motive.
    a. competence
    b. sociological
    c. psychosocial
    d. affiliation

11. The Thematic Apperception Test is considered ________ test.
    a. an aptitude
    b. a projective
    c. an achievement
    d. a criterion-based

12. Compared to low scorers, people who score high in the need for affiliation
    a. devote more time to interpersonal activities
    b. worry less about acceptance from others
    c. are more argumentative in groups
    d. show all of these characteristics

13. Which of the following needs is not generally considered a component of the achievement motive?
    a. outperforming others
    b. meeting high standards of excellence
    c. being accepted by others
    d. desiring to excel

14. Estimates of the average need for ________ in entire societies at specific times correlate with progress and productivity in those societies.
    a. affiliation
    b. intimacy
    c. achievement
    d. esteem

15. Which of the following statement regarding the need for achievement is the most accurate?
    a. The need for achievement is highly variable in a given person throughout his/her lifetime.
    b. Achievement motive is generally determined by situational factors.
    c. The need for achievement is a fairly stable aspect of one's personality.
    d. There is a strong genetic component in the need for achievement.
16. Given a high level of achievement motivation, which type task should maximize one's sense of accomplishment?
   a. a very difficult task
   b. an intermediate difficulty task
   c. a very easy task
   d. task difficulty doesn't matter

17. The three components that any complete treatment of emotion should include are
   a. cognitive, behavioral, physiological
   b. cognitive, situational, physiological
   c. social, situational, cognitive
   d. behavioral, physiological, social

18. The component of an emotion refers to the subjective conscious experience of that emotion.
   a. cognitive
   b. physiological
   c. affective
   d. behavioral

19. In studying the cognitive components of emotions, psychologists generally rely on which of the following?
   a. heart rate
   b. galvanic skin response
   c. subjects' verbal reports
   d. scores on the Thematic Apperception Test

20. Most of the discernible physiological arousal associated with emotion occurs through the actions of the
   a. medulla
   b. forebrain
   c. central nervous system
   d. autonomic nervous system

21. The GSR is usually considered to be a(n)
   a. measure of conscious emotion
   b. index of honesty
   c. measure of the cognitive component of emotion
   d. general measure of autonomic arousal

22. Which of the following statements about polygraphs is most accurate?
   a. Polygraphs can detect lying with almost 100 percent accuracy.
   b. Polygraphs can detect emotionality that accompanies lying some of the time, but with a high error rate.
   c. Polygraphs cannot detect emotionality at all.
   d. Polygraphs can detect positive emotional states with a high degree of accuracy and negative emotional states with a low degree of accuracy.

23. A device that measures heart rate, respiration rate, and blood pressure (i.e., autonomic arousal) is a(n)
   a. polygraph
   b. galvanic response meter
   c. electromyocardigraph
   d. electroencephalograph

24. Recent evidence suggests that the ________ plays a particularly central role in the modulation of emotion.
   a. amygdala
   b. thalamus
   c. temporal lobe
   d. pineal gland
25. Research on the role of the amygdala in the modulation of emotion has focused mainly on which of the following emotions?
   a. fear
   b. sadness
   c. surprise
   d. happiness

26. The ______ component of an emotion consists of the "body language" used to express the emotion.
   a. affective
   b. cognitive
   c. physiological
   d. behavioral

27. Which of the following statements regarding the behavioral expression of emotion is not accurate?
   a. Facial expressions reveal a variety of basic emotions.
   b. The facial expressions that go with the basic emotions seem to be innate.
   c. People who have been blind since birth do not smile and frown as sighted people do.
   d. People are reasonably skilled at deciphering emotions from others' facial expressions.

28. The facial feedback hypothesis suggests that
   a. other people can identify your emotional state by observing your facial expressions
   b. a facial expression is simply an external sign of the internal feelings
   c. you can affect how you feel by making a certain facial expression
   d. the internal state causes the facial expression

29. Diane has been feeling somewhat down for the past few days. Her sister suggests that if Diane smiled a little more, she might feel better. This suggestion is consistent with
   a. the two-factor theory of emotion
   b. the James-Lange theory of emotion
   c. the common-sense view of emotion
   d. the facial feedback hypothesis

30. Research results have indicated considerable cross-cultural agreement in the identification of all but which of the following emotional expressions?
   a. fear
   b. sadness
   c. suspicion
   d. happiness

31. Ekman, who has conducted a number of studies of facial expressions associated with emotions, found
   a. expression of the same emotion varies from culture to culture
   b. six fundamental emotions that most everyone agrees on
   c. that there are too many different emotions to identify
   d. common expressions for happiness and sadness only

32. According to the James-Lange theory of emotions, one's conscious experience of emotion results from one's perception of
   a. others' emotions
   b. autonomic arousal
   c. skin conductance
   d. tension in the facial muscles
33. The James-Lange theory of emotions focuses on the _______ determinants of emotions.
   a. psychological
   b. behavioral
   c. cognitive
   d. physiological

34. Imagine that your house is on fire and you are afraid. Which of the following explanations best represents the James-Lange theory?
   a. "I'm shaking because I'm afraid."
   b. "I'm afraid because I'm shaking."
   c. "My shaking must be due to fear, since my house is on fire."
   d. "My fear is a built-in, primary reaction to a dangerous situation."

35. According to Schachter's two-factor theory of emotion
   a. the experience of emotion depends on autonomic arousal and your cognitive interpretation of that arousal
   b. different patterns of autonomic activation lead to the experience of different emotions
   c. emotion occurs when the thalamus sends signals simultaneously to the cortex and to the autonomic nervous system
   d. emotions develop because of their adaptive value

36. Schachter's two-factor theory of emotion suggests that we distinguish between the experience of different emotions on the basis of
   a. the type of behavior involved
   b. the type of bodily pattern involved
   c. our interpretation of the situation
   d. the emotional expression of others

37. Imagine that your house is on fire and you are afraid. Which of the following explanations best represents Schachter's two-factor theory?
   a. "I'm shaking because I'm afraid."
   b. "I'm afraid because I'm shaking."
   c. "My shaking must be due to fear, since my house is on fire."
   d. "My fear is a built-in, primary reaction to a dangerous situation."

38. Scott takes an antihistamine, but he doesn't realize that the medication will also increase his overall level of autonomic arousal. Thirty minutes after he has taken the medication he is introduced to Danielle. If Scott incorrectly attributes his increased arousal as attraction for Danielle it would lend support to
   a. Schachter's two-factor theory of emotion
   b. the James-Lange theory of emotion
   c. the Cannon-Bard theory of emotion
   d. Izard's evolutionary theory of emotion

39. Research on Schachter's two-factor theory of emotion has been
   a. strongly supportive
   b. mixed - some research supportive and other research not
   c. strongly nonsupportive
   d. none of the above, as an insufficient amount of research has been conducted to evaluate Schachter's theory
40. According to evolutionary theories of emotion
   a. the experience of emotion depends on autonomic arousal and your cognitive
      interpretation of that arousal
   b. different patterns of autonomic activation lead to the experience of different emotions
   c. emotion occurs when the thalamus sends signals simultaneously to the cortex and to the
      autonomic nervous system
   d. emotions develop because of their adaptive value

41. Evolutionary theorists believe that emotions evolved ______ thought.
   a. before
   b. after
   c. simultaneously with
   d. as a control on

42. Which of the following statements regarding the role of insulin in hunger is not accurate?
   a. Insulin is a hormone secreted by the pancreas.
   b. Insulin must be present for cells to utilize glucose.
   c. Increased insulin secretion causes increased hunger.
   d. Diabetics have too much insulin.

43. The idea that muscles of the face send information to the brain and that this affects the emotion we feel is
    known as
   a. Schachter's cognitive theory
   b. the James-Lange theory
   c. Darwin's facial expression theory
   d. the facial feedback hypothesis

44. What happens when a rat's lateral hypothalamus is lesioned?
   a. It starts eating.
   b. It looks for a sexual partner.
   c. It stops eating.
   d. It loses bladder and bowel control.

45. Which data from twin studies provide the most convincing evidence of the influence of heredity on body
    weight?
   a. Identical twins reared together are more similar than fraternal twins reared together.
   b. Identical twins reared together are more similar than fraternal twins reared apart.
   c. Identical twins reared apart are more similar than fraternal twins reared apart.
   d. Identical twins reared apart are more similar than fraternal twins reared together.

46. The basic idea behind the set-point theory of body weight is that
   a. the body monitors fat stores and tries to keep them stable
   b. the body monitors carbohydrate stores and tries to keep them stable
   c. the body monitors protein levels and tries to keep them stable
   d. glucostats are critical in weight control

47. Animals that have lesions in the ventromedial nucleus of the hypothalamus
   a. go for days without sleep
   b. lose all interest in sex
   c. overeat and become obese
   d. ignore food and often starve
48. Dr. McCardle has implanted an electrode in the hypothalamus of a rat. When the rat's brain is electrically stimulated the rat stops eating. The electrode is most likely activating the
   a. magnocellular hypothalamus
   b. ventromedial hypothalamus
   c. lateral hypothalamus
   d. parvocellular hypothalamus

49. Neurons that are sensitive to sugar levels in the blood are referred to as
   a. glucostats
   b. hypothalamic nuclei
   c. rheostats
   d. thalami

50. How does the glucostatic idea account for the fact that diabetics feel hungry much of the time?
   a. Diabetics have high blood sugar, which stimulates hunger.
   b. Diabetics have low blood sugar, which stimulates hunger.
   c. Diabetics have high insulin levels, which stimulates hunger.
   d. Diabetics' cells do not take glucose from the blood effectively.

51. Leptin apparently activates receptors in the brain that inhibit the release of __________, thus resulting in an inhibitory effect on eating.
   a. insulin
   b. glucostats
   c. serotonin
   d. neuropeptide Y

52. Which of the following is a measure of weight that controls for variations in height, and is increasingly used in research on obesity?
   a. set point
   b. reaction range
   c. body mass index
   d. obesity quotient

53. In adoption studies designed to examine the role of genetic disposition in obesity, researchers have found that adoptees
   a. were more like their biological parents in weight
   b. were more like their foster parents in weight
   c. did not resemble either set of parents in weight
   d. were more like their half-siblings than either set of parents

54. The set point for body weight refers to the
   a. lowest possible weight at which the person can survive
   b. highest weight the person can attain by unrestricted eating
   c. person's current weight
   d. person's natural point of stability in body weight

55. Typically a shift in body weight in an adult who gains weight involves
   a. an increase in the number of fat cells in the body
   b. an increase in the size of fat cells in the body
   c. an increase in the number of muscle cells in the body
   d. a general increase in the number of cells throughout the body
56. Which of the following needs is not generally considered a component of the affiliation motive?
   a. friendship
   b. esteem
   c. love
   d. companionship

57. The projective test that has been used a great deal to measure affiliation need is the
   a. Thematic Apperception Test
   b. Minnesota Multiphasic Personality Test
   c. Sarason Sociability Scale
   d. Rorschach Ink Blot Test

58. People who score high on affiliation need tend to do or be all of the following except
   a. join more social groups
   b. spend more time with friends
   c. be less argumentative in groups
   d. worry less about being accepted by others

59. The need to master difficult challenges, outperform others, and meet high standards of excellence is referred to as a(n)
   a. intellect motive
   b. power motive
   c. competence motive
   d. achievement motive

60. Alisha is telling a story about a character on a TAT card. In this story Alisha focuses on the individual's lack of persistence when undertaking projects, and she also describes how the individual prefers situations that have little competition. Alisha's answer suggests that she most likely has
   a. a low need for affiliation
   b. a low need for achievement
   c. a high need for affiliation
   d. a high need for achievement

61. Which of the following characteristics is least likely to be found in persons high in achievement motivation?
   a. tendency to select the hardest tasks
   b. tendency to delay gratification
   c. future-oriented
   d. persistent

62. A person high in achievement motivation would be expected to show all but which of the following characteristics?
   a. greater persistence on tasks
   b. tendency to seek immediate gratification
   c. tendency to choose competitive occupations
   d. tendency to choose tasks of intermediate difficulty

63. Austin is telling a story about a character on a TAT card. In this story Austin focuses on the character's desire to succeed, and he describes how unhappy the person will be if she does not succeed in reaching her goal. Austin's answer suggests that he most likely has
   a. a low need for achievement
   b. a high need for affiliation
   c. a high need for achievement
   d. a low need for affiliation
64. Malcolm is reading a mystery novel, and as the action builds he finds he is breathing more quickly than usual, and he feels like his stomach is tied in knots. These reactions are part of the
   a. objective component in Malcolm's emotional experience
   b. physiological component in Malcolm's emotional experience
   c. cognitive component in Malcolm's emotional experience
   d. behavioral component in Malcolm's emotional experience

65. Royce is describing a whitewater rafting trip. As he talks about the raft crashing through rapids, Janie's mouth drops and she finds she is clutching at the arms of her chair. These reactions are part of the
   a. behavioral component in Janie's emotional experience
   b. cognitive component in Janie's emotional experience
   c. physiological component in Janie's emotional experience
   d. objective component in Janie's emotional experience

66. Warrick was posing for his girlfriend while she painted a picture for her art class. She had asked him to hold his mouth in a frown because she was trying to depict someone who was sad and dejected. Now that he has finished posing, Warrick finds that he is feeling somewhat unhappy, but he is not really sure why. This type of reaction is consistent with which of the following?
   a. the two-factor theory of emotion
   b. the James-Lange theory of emotion
   c. the facial feedback hypothesis
   d. the common-sense view of emotion

67. Cultural norms that regulate the appropriate expression of emotions are called
   a. cognitions
   b. polygraphs
   c. display rules
   d. emotional cues

68. Dylan is on a roller coaster that has just reached the top of the first climb and is starting to drop. Based on the James-Lange theory of emotions, Dylan should report
   a. "My racing heart must mean I'm terrified because everyone else is screaming."
   b. "I feel terrified because my heart is racing."
   c. "My heart is racing because I am terrified."
   d. "The sight of the drop makes my heart race and it makes me feel terrified."

69. According to the James-Lange theory, the conscious experience of emotion _________ physiological arousal; according to the Cannon-Bard theory, the conscious experience of emotion _________ physiological arousal.
   a. precedes; follows
   b. coincides with; precedes
   c. follows; coincides with
   d. follows; precedes

70. Schachter's concept of emotion stresses that
   a. thoughts precede felt emotion
   b. both bodily arousal and our interpretation of the arousal play a role in emotion
   c. we can have emotions without bodily arousal
   d. different emotions must be based on different patterns of arousal
71. Imagine that your house is on fire and you are afraid. Which of the following explanations best represents evolutionary theories of emotion?
   a. "I'm shaking because I'm afraid."
   b. "I'm afraid because I'm shaking."
   c. "My shaking must be due to fear, since my house is on fire."
   d. "My fear is a built-in, primary reaction to a dangerous situation."

72. Evidence regarding facial expression in different cultures and observation of the blind suggests that
   a. Schachter's two-factor theory is correct
   b. facial expression of emotion is to a large extent innate
   c. emotions originate in the cortex
   d. learning is the major factor in explaining basic facial expressions

73. The galvanic skin response is a measure of
   a. blood flow through the skin
   b. muscle tension of the skin
   c. electrical conductivity of the skin
   d. two-point difference threshold of the skin

74. According to the Cannon-Bard theory of emotion
   a. the experience of emotion depends on autonomic arousal and your cognitive interpretation of that arousal
   b. different patterns of autonomic activation lead to the experience of different emotions
   c. emotion occurs when the thalamus sends signals simultaneously to the cortex and to the autonomic nervous system
   d. emotions develop because of their adaptive value

75. The Thematic Apperception Test has been used to assess an individual's
   a. arousal level
   b. competence motive
   c. psychocynbernetic motive
   d. affiliation motive
Moto-Emo Practice Test
Answer Section

MULTIPLE CHOICE

1. D
2. A
3. B
4. B
5. A
6. A
7. A
8. C
9. C
10. D
11. B
12. A
13. C
14. C
15. C
16. B
17. A
18. A
19. C
20. D
21. D
22. B
23. A
24. A
25. A
26. D
27. C
28. C
29. D
30. C
31. B
32. B
33. D
34. B
35. A
36. C
37. C
38. A
39. B
40. D
41. A
42. D
43. D
44. C
45. D
46. A
47. C
48. B
49. A
50. D
51. D
52. C
53. A
54. D
55. B
56. B
57. A
58. D
59. D
60. B
61. A
62. B
63. C
64. B
65. A
66. C
67. C
68. B
69. C
70. B
71. D
72. B
73. C
74. C
75. D