What Is Psychology?

MULTIPLE CHOICE

1. Psychology is defined as the
   A. scientific study of why people do what they do.
   B. scientific study of behavior and mental processes.
   C. study of the unconscious determinants of personality.
   D. study of mental illness and its treatment.

2. Psychology is best described as a
   A. theory.
   B. science.
   C. pseudoscience.
   D. hypothesis.

3. Psychologists study the behavior of
   A. only humans who have mental health problems.
   B. only animals.
   C. only humans.
   D. humans and animals.

4. Psychologists attempt to understand behavior and mental processes by
   A. using the scientific method.
   B. thinking deeply about the reasons for our behavior.
   C. using common sense to understand why we do what we do.
   D. studying the behavior of people with mental illnesses.

5. Most of the information presented in the textbook is
   A. the opinion of the authors.
   B. rooted in scientific research.
   C. based on research, but not science.
   D. the opinion of mainstream psychologists.

6. Tom just saw the movie, *A Beautiful Mind*. As a result of viewing this movie, Tom now feels that he has a good understanding of what psychology is all about. Which of the following statements about Tom’s belief is most likely to be true?
   A. Tom is wrong. A movie cannot teach you anything about psychology.
   B. Tom is correct. Hollywood movies tell the story of psychology very accurately.
   C. Tom is partially correct. Hollywood’s depiction of psychology is often only partially correct.
   D. Tom is lying. He never saw *A Beautiful Mind*. This movie has nothing to do with psychology.

7. Which of the following is TRUE regarding the research citations provided in the textbook?
   A. Although there are names and dates within the chapters, nowhere in the book is there an indication of where to find the original information.
   B. The citations in the text refer to the name of the person who developed the opinion and the page number upon which the opinion can be found.
   C. Complete research citations for all the information presented in the text can be found in the reference section at the end of the book.
   D. About half of the information provided in the book is supported by research citations.

8. A theory is a(n)
   A. opinion that has no supporting facts.
   B. prediction of some future event.
   C. explanation of why and how a behavior occurs.
   D. method for testing hypotheses.
9. A common misconception that people have about psychology is that
   A. it is a science.
   B. more than half of all psychologists are involved in the counseling or treatment of clients.
   C. most psychologists hold advanced degrees.
   D. psychologists only study abnormal behavior.

10. The fact that many people have misconceptions about psychology suggests that psychology is
    A. not a science.
    B. merely a collection of random theories.
    C. not merely commonsense.
    D. not applicable to everyday life.

11. Psychological research suggests that men are generally quicker than women to fall in love. This research suggests that
    A. psychology is not just common sense.
    B. some studies conducted by psychologists yield false conclusions.
    C. biology plays a large role in behavior.
    D. psychology is mostly about social interaction.

12. Which of the following is NOT a myth that is commonly held about psychology?
    A. Psychology is mostly about the diagnosis and treatment of mental disorders.
    B. Psychology is merely common sense.
    C. Psychological theories cannot be used to explain the particular behaviors of all people.
    D. Psychology doesn’t conduct any true scientific studies.

13. Your best friend has signed up for a psychology class, but she doesn’t really know what to expect from this course. You want to help her by explaining what psychology is. What should you tell her?
    A. Psychology is about giving people advice.
    B. Psychology is easy. It’s just common sense.
    C. Psychology is the study of mental illness.
    D. Psychology is the scientific study of behavior and mental processes.

14. Which of the following is the best example of a pseudoscience?
   A. psychology
   B. physiology
   C. astronomy
   D. astrology

15. Critical thinking about psychological information is important because it helps
    A. in analyzing concepts and applying them to other situations.
    B. to determine the difference between pseudoscience and science.
    C. us be intelligent consumers of the vast amount of information to which we are exposed.
    D. all of these.

16. The belief that people only use 10% of their brains has been found by researchers to be
    A. not true.
    B. true.
    C. true for females, but not for males.
    D. true for children, but not for adults.

17. Psychology began to be a separate field of scientific study in
    A. 1653.
    B. 1776.
    C. 1879.
    D. 1928.

18. What is meant by the phrase, “Psychology has a long past, but a short history”?
    A. Although many negative events have characterized psychology’s past, many positive events have occurred in recent years.
    B. People have always been interested in explaining behavior, but psychology did not become a science until relatively recently.
    C. Psychology has been a science for hundreds of years, but only recently has the general public become interested in it.
    D. Although psychology has existed as a science for a very long time, it is being overshadowed by more exact sciences and will not likely survive beyond the current century.
19. The early years of scientific psychology were primarily influenced by
A. philosophy.
B. religion.
C. astronomy.
D. evolution.

20. Psychology became a distinct scientific field of study when
A. Hippocrates studied the body’s chemicals around 400 B.C.
B. ancient philosophers such as Aristotle studied sleep around 300 B.C.
C. Descartes and others debated the connection between the mind and body in the early 1600s.
D. Wilhelm Wundt established a laboratory to study the mind in the late 1800s.

21. It is generally believed that scientific psychology began in
A. Athens, Greece.
B. Paris, France.
C. San Francisco, United States.
D. Leipzig, Germany.

22. If Wilhelm Wundt were alive today, he would most likely be considered a
A. cognitive psychologist.
B. behaviorist.
C. psychoanalytic theorist.
D. biological psychologist.

23. Among the following, the best example of a structuralist approach would be a
A. cognitive scientist analyzing the dynamic relationship between thoughts and actions.
B. biologist trying to discover the causes of certain diseases.
C. chemist attempting to determine what elements combine to create different substances.
D. therapist working to develop the best treatment for a mental illness.

24. Similar to Wilhelm Wundt, if you were to use a self-observation technique to analyze the basic elements of your thought processes, you would most likely be using a method called
A. free association.
B. introspection.
C. functionalism.
D. hypnosis.

25. Edward Titchener was
A. the first to study psychology scientifically.
B. a student of Wilhelm Wundt’s.
C. a functionalist.
D. the originator of behaviorism.

26. Of the following, functionalism is most closely associated with
A. mental structures.
B. the self.
C. evolution.
D. existentialism.

27. In contrast to Wilhelm Wundt, William James believed that psychological processes developed from the
A. chemicals in the body.
B. mind.
C. relationship between elements of the psyche.
D. process of evolution.

28. Dr. Ramel is a psychologist who believes that the best way to understand the mind is to break it down into its smallest elements; much as a chemist understands matter by breaking it down into its elemental components (i.e., molecules, atoms, subatomic particles, etc.). Dr. Ramel’s point of view is most compatible with the approach to psychology known as
A. psychoanalytic theory.
B. behaviorism.
C. functionalism.
D. structuralism.
29. Dr. Ali is a psychologist who believes that psychology should not attempt to understand the mind, but rather focus on understanding the observable actions that people and animals engage in. Dr. Ali’s point of view is most compatible with the approach to psychology known as
A. psychoanalytic theory.
B. behaviorism.
C. functionalism.
D. structuralism.

30. Which statement would most likely have been made by William James?
A. “To fully understand the human, one needs to examine unconscious motivations.”
B. “Rather than studying the elements of consciousness, psychology should study the function that consciousness serves.”
C. “If psychology ever hopes to be truly scientific we must study the basic elements of mental experience.”
D. “Human nature is primarily influenced by self-perception, and that should be the focus of psychology.”

31. If Charles Darwin were a psychologist, he would most likely have agreed with the views of
A. William James.
B. Wilhelm Wundt.
C. Edward Titchener.
D. Carl Rogers.

32. Wilhelm Wundt is to _____________ as William James is to _____________.
A. functionalism; structuralism
B. structuralism; functionalism
C. science; pseudoscience
D. behavioral observation; introspection

33. Structuralism was more ______________ as functionalism was more ______________.
A. experimental; practical
B. personal; rigid
C. popular in the U.S.; popular in Europe
D. controversial; normative

34. Which of the following is FALSE regarding the beginnings of scientific psychology?
A. Wilhelm Wundt was primarily interested in studying conscious experience and mental processes.
B. Wilhelm Wundt used a process called introspection to examine the sensations and feelings of trained observers.
C. William James established the first scientific laboratory in Germany to study mental processes.
D. William James was primarily interested in the function that behaviors and thoughts serve for organisms.

35. Dr. Moosbichler is a psychologist who believes that the best way to understand the mind is to look at how specific mental processes and behaviors help an organism live in and adapt to its environment. Dr. Moosbichler’s point of view is most compatible with the approach to psychology known as
A. psychoanalytic theory.
B. behaviorism.
C. functionalism.
D. structuralism

36. Evolutionary psychology and functionalism are similar in that they both
A. are relatively new fields in psychology.
B. are extremely theoretical views with little ability to be applied in real settings.
C. focus on the ability of organisms to adapt to their environment.
D. are older theories that have been replaced by newer theories in psychology.

37. Darwin’s finches were an application of William James’ idea of
A. environmentalism.
B. functionalism.
C. structuralism.
D. humanism.

38. Like Wilhelm Wundt’s structuralism, Sigmund Freud’s psychoanalytic theory emphasized
A. behavior.
B. self-determination.
C. mental processes.
D. evolutionary processes.
39. Among the following, Freud’s ideas have most strongly influenced current Western
   A. views on the causes of homosexuality.
   B. history.
   C. religious beliefs.
   D. media, humor, and art.

40. Sigmund Freud’s ideas led to his formulation of __________________ theory.
   A. humanistic
   B. psychoanalytic
   C. behavioral
   D. cognitive

41. Sigmund Freud’s ideas were considered ________________ when he first introduced them.
   A. accurate
   B. radical
   C. unoriginal
   D. scientific

42. If Freud were alive today, he would probably be most interested in current research
   A. about the conscious processes involved in perceiving others.
   B. demonstrating the ways in which the environment shapes personality.
   C. on human tendencies to suppress basic instincts.
   D. showing how anti-depressants alleviate mood disorders.

43. Dr. Tran believes that the key to understanding human behavior is in understanding the unconscious conflicts that motivate us. Dr. Tran’s point of view is most compatible with the approach to psychology known as
   A. psychoanalytic theory.
   B. behaviorism.
   C. functionalism.
   D. structuralism.

44. The dominant force in American psychology from the early 1920s until the 1960s was
   A. psychoanalytic theory.
   B. structuralism.
   C. humanism.
   D. behaviorism.

45. Behaviorism emphasizes the study of
   A. observable actions.
   B. unconscious mental processes.
   C. conscious mental processes.
   D. feelings of self-worth and potential.

46. Your psychology teacher believes that for psychology to be truly scientific it must focus on observable and measurable actions. Your teacher is most likely a
   A. behaviorist.
   B. humanist.
   C. psychoanalytic theorist.
   D. clinical psychologist.

47. John Watson’s views were most influenced by research conducted by
   A. Sigmund Freud.
   B. B.F. Skinner.
   C. Carl Rogers.
   D. Ivan Pavlov.

48. John Watson conditioned an infant named Albert to
   A. play a musical instrument.
   B. use extremely advanced language.
   C. fear a white rat.
   D. eat broccoli.

49. In contrast to John Watson, B.F. Skinner emphasized the importance of
   A. thought.
   B. feelings.
   C. consequences.
   D. instincts.

50. Which of the following best illustrates an application of the principles of behaviorism?
   A. A parent is using “time out” as a consequence for bad behavior.
   B. A therapist is helping a client explore feelings about past events.
   C. A friend is listening intently and showing concern for another.
   D. A mechanic is developing a mental map of the engines she routinely fixes.