1. By 1960, the study of consciousness had been revived by psychologists' renewed interest in

2. Those who emphasize that mood fluctuations may be indicative of seasonal affective disorder are highlighting the
   importance of

3. With the approach of night, our body temperatures begin to drop. This best illustrates the dynamics of the
   A) hypnagogic state.  B) circadian rhythm.  C) alpha wave pattern.  D) REM rebound.  E) latent content.

4. The circadian rhythm is influenced by light-sensitive retinal proteins that trigger signals to the
   A) suprachiasmatic nucleus.  B) dopamine reward system.  C) thyroid gland.  D) sleep spindles.  E) MDMA.

5. Alpha waves are associated with
   A) REM sleep.  B) Stage 2 sleep.  C) Stage 3 sleep.  D) Stage 4 sleep.  E) relaxed but awake state.

6. Which of the following is most accurate about a typical night's sleep?
   A) The sleep cycle repeats itself every 60 minutes.
   B) During REM sleep the muscles are tense and brain waves reveal deep relaxation.
   C) As sleep progresses, Stage 3 and Stage 4 sleep diminish while REM sleep increases.
   D) Most of a night's sleep is spent in Stage 4 and REM.
   E) Everyone needs 8 hours of sleep per night.

7. 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.  E) Stage 5 sleep.

8. Genital arousal is most likely to be associated with
   A) sleep apnea.  B) REM sleep.  C) Stage 4 sleep.  D) sleep spindles.  E) hypnagogic sleep.

9. 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.
   E) our brain and nervous system are less active and our muscles are very active.

10. The human sleep cycle repeats itself about every
    A) 30 minutes.  B) 90 minutes.  C) 2 1/2 hours.  D) 4 hours.  E) 1.5 days.

11. Some people function well with fewer than 6 hours of sleep per night, while others need 9 hours or more. Such differences
    in individual sleep patterns suggests that
    A) genetics makes a difference in how much sleep we need and get.
    B) sleep debt affects a person's health and mental well-being.
    C) most adults are seriously sleep deprived.
    D) sleep is necessary for helping us restore and repair brain tissue.
    E) sleep disorders are widespread in our culture.

12. Sleep deprivation has been shown to
    A) increase attentiveness to highly motivating tasks.  D) decrease narcolepsy.
    B) reduce hypertension.  E) decrease tolerance and increase withdrawal.
    C) diminish immunity to disease.

13. Deep sleep appears to play an important role in
    A) narcolepsy.  B) sleep apnea.  C) paradoxical sleep.  D) posthypnotic amnesia.  E) physical growth.
14. Layla has difficulty going to sleep and staying asleep. Layla is most likely suffering from
A) sleep apnea. B) night terrors. C) hypnagogic sleep. D) insomnia. E) paradoxical sleep.

15. Which of the following sleep disorders would be the most incapacitating for a commercial bus driver?
A) night terrors B) insomnia C) sleepwalking D) narcolepsy E) sleep apnea

16. Nightmares are to _______ as night terrors are to _______.
A) REM sleep; Stage 4 sleep D) Stage 4 sleep; Stage 1 sleep
B) narcolepsy; sleep apnea E) Stage 1 sleep; REM sleep
C) delta waves; alpha waves

17. Freud called the remembered story line of a dream its _______ content.
A) manifest B) latent C) dissociated D) paradoxical E) delusional

18. People with sleep apnea do not recall being awake and gasping for air, then falling back to sleep. Which of the following best explains this phenomenon?
A) Activity in the limbic system is inhibited during REM sleep.
B) Dreams that occur during NREM sleep are rarely recalled.
C) Anything that happens during the 5 minutes just before we fall asleep is typically lost from memory.
D) The hormone orexin, which is lacking in such patients, hinders the consolidation of memory.
E) The free radicals produced during sleep weaken unused neural connections and affect memory formation.

19. Josef, a high school student, tells his therapist that he has had a recurring dream in which he hunts and kills a ferocious tiger. The therapist explains that the dream reflects Josef's unresolved feelings of hostility toward his father. According to Freud, the therapist is revealing the possible _______ content of Josef's dream.
A) manifest B) latent C) circadian D) dissociated E) delta

20. Which theory suggests that dreams are mental responses to random bursts of neural stimulation?
A) dissociation theory D) Freud's dream theory
B) social influence theory E) paradoxical sleep theory
C) activation-synthesis theory

21. The emotional tone of our dreams is especially likely to be influenced by activation of the _______ during REM sleep.
A) sensory cortex B) limbic system C) frontal lobes D) pineal gland E) MDMA area

22. Prior to age 9, children's dreams seem more like a slide show and less like an active story in which the dreamer is an actor. This best illustrates that the content of dreams reflects children's
A) latent content. D) cognitive development.
B) psychological dependence. E) manifest content.
C) night terrors.

23. 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) most mammals experience REM rebound.
D) sexual tension is naturally discharged during REM sleep.
E) manifest content often replaces latent content in NREM dreams.

24. Twenty-two-year-old Felicia scores high in hypnotic responsiveness as measured by the Stanford Hypnotic Susceptibility Scale. Research suggests that Felicia may also have
A) below-average intelligence.
B) an above-average ability to hypnotize others.
C) difficulty keeping her attention focused on any specific task.
D) a rich fantasy life.
E) a dependent personality type.
25. Research indicates that memories retrieved during hypnosis are
A) forgotten again as soon as the person awakens from the hypnotic state.
B) accurate recollections of information previously learned.
C) experienced as being inaccurate even when they are true.
D) often a combination of fact and fiction.
E) often accurate indicators of childhood sexual abuse.

26. Researchers have demonstrated that hypnosis can be useful in
A) treating obesity.
B) helping individuals with drug, alcohol, or smoking addictions.
C) enhancing recall of stressful events.
D) making individuals perform actions they wouldn't do otherwise.
E) recovering childhood memories.

27. Advocates of the social influence theory of hypnosis are likely to argue that
A) hypnosis is a unique state of consciousness.
B) hypnotized people are simply enacting the role of good hypnotic subjects.
C) the process of dissociation best explains hypnotic phenomena.
D) most hypnotized people are consciously faking hypnosis.
E) hypnotic susceptibility is positively correlated with introversion.

28. Hypnotized people are no more likely to perform dangerous acts than those who are asked to simulate hypnosis. This fact is most consistent with
A) the activation-synthesis theory.
B) dissociation theory.
C) Freud's dream theory.
D) social influence theory.
E) withdrawal theory.

29. Hypnotized participants asked to lower their arm into an ice bath exhibited no pain when given that suggestion. Psychologists supporting the social influence theory would suggest that
A) hypnosis caused a split in awareness so that only some part of the dissociated consciousness experienced pain.
B) the participant was caught up in playing the role of a "good hypnotic subject" and ignored the pain.
C) endorphins, the body's natural pain killers, were acting to diminish pain sensations in hypnotized subjects.
D) the presence of the hypnotist had little impact on the participant's experience of pain.
E) because of our two-track minds much of our behavior occurs on autopilot.

30. A split in consciousness in which some thoughts occur simultaneously with and yet separately from other thoughts is called

31. To move beyond the "hypnosis is social influence" versus "hypnosis is divided consciousness" debate, today's hypnosis researchers are using a unified approach.
A) neuroadaptation
B) biopsychosocial
C) parallel processing
D) activation-synthesis
E) humanistic

32. Alcohol, marijuana, cocaine, and a wide variety of other chemical agents that alter perceptions and moods are called

33. Drug tolerance refers to the
A) absence of pain or anxiety following the use of a drug.
B) loss of social inhibitions following drug use.
C) discomfort and distress that follow the discontinued use of a drug.
D) reduced effect of a drug resulting from its regular usage.
E) belief that drug use should be legalized.

34. Although Max never experiences caffeine withdrawal symptoms, he feels that he needs coffee every morning as part of his daily routine. Max best illustrates
A) narcolepsy. D) the pop-out phenomenon.
B) REM rebound. E) dissociation.
C) psychological dependence.
35. What is the danger of labeling behaviors such as too much eating, shopping, exercise, sex, or gambling as addictions?
A) It can lead to increased feelings of shame and guilt.
B) No physical or emotional pain is associated with these behaviors.
C) Abusers may be more likely to hide their abuse and avoid seeking help.
D) Abusers are more likely to experience prejudice and discrimination.
E) It can be used as an “all-purpose” excuse to explain away the behaviors.

36. The greatest danger of viewing drug addiction as a disease is that this may lead drug addicts to
A) feel increased feelings of shame.
B) hide the drug abuse from public view.
C) feel powerless to overcome the addiction.
D) become victims of social hostility and prejudice.
E) seek help from medical professionals.

37. Alcohol consumption disrupts the processing of recent experiences into long-term memory by
A) decreasing REM sleep.
B) increasing anxiety.
C) decreasing sleep apnea.
D) increasing self-consciousness.
E) decreasing tolerance.

38. After drinking three cans of beer, Akiva felt less guilty about the way he mistreated his wife and children. Akiva’s reduced guilt most likely resulted from the fact that his alcohol consumption has
A) reduced his sexual desire.
B) destroyed some of his brain cells.
C) reduced his self-awareness.
D) directed his attention to the future.
E) increased his level of sympathetic nervous system arousal.

39. Why is it dangerous to combine alcohol with a sleeping pill?
A) Alcohol and sleeping pills are stimulants; their combined action could lead to a heart attack.
B) Alcohol and sleeping pills can both dehydrate the body, causing severe overheating, increased blood pressure, and death.
C) Alcohol and sleeping pills are depressants; their combined action reduces nervous system activity and can lead to death.
D) Alcohol and sleeping pills cause hallucinations that feel so real the person can experience severe panic or harm himself or herself.
E) Alcohol and sleeping pills both disrupt immediate memory formation, leading to severe impairment.

40. Soon after taking a psychoactive drug, Larisa’s breathing slowed, her pupils constricted, and her feelings of anxiety were replaced by blissful pleasure. Larisa most likely experienced the effects of
A) cocaine. B) heroin. C) LSD. D) nicotine. E) amphetamine.

41. When cocaine is injected or smoked, it produces a rush of euphoria that lasts 15 to 30 minutes. But the stimulant drug can trigger 8 hours or so of heightened energy and euphoria.
A) LSD  B) heroin  C) Amytal  D) methamphetamine  E) nicotine

42. Which of the following psychoactive drugs is most likely to impair people’s ability to sleep?
A) alcohol  B) marijuana  C) caffeine  D) heroin  E) barbiturates

43. A rewarding consequence of cigarette smoking is that it reduces
A) blood pressure. B) sensitivity to pain. C) mental alertness. D) the release of epinephrine into the bloodstream. E) heart rate.

44. The release of stored serotonin and the eventual damage of serotonin-producing neurons is most closely associated with the long-term use of

45. LSD and other powerful hallucinogens are chemically similar to, and therefore block the actions of, a subtype of the neurotransmitter serotonin. At the synapse, these drugs act as a(n)
46. The altered state of consciousness that is most similar to a drug-induced hallucination is

47. THC, the active ingredient in ________, is classified as a ________.
   A) marijuana; hallucinogen  D) cocaine; hallucinogen
   B) marijuana; stimulant  E) heroin; depressant
   C) cocaine; stimulant

48. Mrs. Roberts, who suffers from AIDS, has been given an ordinarily illegal drug at the university hospital. Considering her specific medical condition, it is likely that she has received

49. Research suggests that an important factor contributing to drug abuse by youth and young adults is
   A) having a parent who suffers from narcolepsy.  D) sleep apnea.
   B) feeling that one's life is meaningless.  E) disturbing latent content in dreams.
   C) abnormally high levels of the brain chemical NPY.

50. The best predictor of an adolescent's pattern of drug usage is whether the adolescent
   A) has close friends who use drugs.  D) owns his or her own car.
   B) grows up in an intact two-parent family.  E) is a first or second child.
   C) has religious beliefs.