There will be no quiz on Chapter 4. Multiple choice, short answer, and possibly other types of questions on Chapter 4 for the test will be drawn from the material below. Answers to multiple choice questions may be in a different order on the test and/or the quiz, and questions or answers might be rephrased slightly to make them clearer.

Multiple Choice

1) Our awareness of various mental processes such as making decisions, daydreaming, reflecting, and concentrating is called _______.
   A) self-awareness
   B) consciousness
   C) intelligence
   D) creativity

2) When we are awake and alert, we are usually conscious of _______ around us.
   A) little of what is going on
   B) most of what is going on
   C) about half of what is going on
   D) virtually everything going on

3) Which one of the following statements about daydreaming is NOT true?
   A) The type of daydreaming a person does is related to that person’s personality.
   B) Daydreams are random paths that your mind travels.
   C) Daydreams often occur when we wish to escape from the demands of the real world.
   D) Daydreams can be useful in solving problems and thinking ahead.

4) Three of the following are true. Which one is NOT true?
   Getting adequate sleep _______.
   A) restores people physically and mentally
   B) boosts our immune response, making us less susceptible to disease
   C) allows people to generate more insightful solutions when solving problems
   D) slows down the aging process

5) Which one of the following does NOT follow a circadian rhythm?
   A) the sleep–wake cycle
   B) menstruation
   C) hormone levels
   D) body temperature

6) A night-school student falls asleep in class. After about 40 minutes his professor notices and tries to wake him. At this point, he is in such a deep sleep that it is almost impossible to awaken him. A brain scan would show his brain producing very slow delta waves. He is probably in _______ sleep.
   A) Stage 1
   B) Stage 2
   C) Stage 3
   D) Stage 4

7) A woman celebrating her fiftieth birthday complains that she is a much lighter sleeper than she used to be. This is probably because _______.
   A) people become more sensitive to distractions that wake them up at night as they age
   B) Stage 4 sleep lessens with age
   C) REM sleep lessens with age
   D) Stage 2 sleep lessens with age

8) Sleepwalking and sleeptalking _______.
   A) are equally likely to occur in REM and Stage IV sleep
   B) occur primarily during Stage IV sleep
   C) occur primarily during REM sleep
   D) occur only in REM sleep

9) Three of the following are true of night terrors. Which one is NOT?
   A) children with them will usually push away anyone trying to comfort them
   B) they usually cannot be recalled the next morning
   C) their characteristics are very similar to those seen with nightmares
   D) people generally cannot be easily awakened from them

10) Nightmares occur in _______ sleep, and night terrors occur in _______ sleep.
    A) nonREM; nonREM
    B) nonREM; REM
    C) REM; REM
    D) REM; nonREM

11) Most episodes of insomnia are _______ and stem from _______.
    A) temporary; stressful events
    B) chronic; underlying psychological problems
    C) chronic; stressful events
    D) temporary; underlying psychological problems
12) ________ is characterized by breathing difficulty at night and feelings of exhaustion during the day. It has been associated with depression, sexual dysfunction, difficulty concentrating, and headaches in adults, and hyperactivity, conduct disorder, and aggressiveness among children and adolescents.
A) Apnea
B) Insomnia
C) Narcolepsy
D) Cataplexy

13) Yvonne suffers from narcolepsy. Which of the following symptoms is she likely to have?
A) falling asleep without warning during alert activities during the day
B) breathing difficulties at night
C) lack of REM sleep at night
D) temporary paralysis of the voluntary muscles while awakening from deep sleep

14) According to Freud, in dreams people express ideas free from ________.
A) instinctive feelings of anger, jealousy, or ambition
B) memories of troubling events
C) sexual desires and aggressive instincts
D) conscious controls and moral rules

15) The dream theory claiming that dreams are a means of strengthening memories crucial to our survival is ________ theory.
A) psychodynamic
B) problem-solving
C) information processing
D) cognitive

16) [from lecture] The ________ hypothesis says that our brains construct images and stories, which we experience as dreams, in an effort to make sense of random neural signals that fire in the brainstem and spread up to the cortex during sleep.
A) manifest-latent
B) psychological dependence
C) activation-synthesis
D) divided attention

17) Which one of the following is NOT true of REM sleep?
A) The specific area of the brain most active while learning new material is also active during subsequent REM sleep.
B) Interfering with REM sleep immediately after learning severely disrupts the memory for the newly learned material.
C) Humans spend more sleep time in REM sleep after learning difficult material.
D) During REM sleep, the brain is very sensitive to outside sensory input.

18) During dreams, ________.
A) the forebrain is wildly active while the limbic system remains relatively inactive
B) the limbic system is wildly active while the forebrain remains relatively inactive
C) both the forebrain and the limbic system are wildly active
D) both the forebrain and the limbic system are relatively inactive

19) The strong physical need for a substance, such as some drug, in order to avoid withdrawal is called ________.
A) potentiation
B) tolerance
C) dependence
D) a craving

20) The phenomenon whereby higher doses of a drug are required to produce its original effects is ________.
A) a craving
B) potentiation
C) tolerance
D) withdrawal

21) In an experiment, some people receive an active drug while others receive a placebo. Neither the subjects nor the people administering the drug know which people got the drug and which got the placebo. This is an example of a(n) ________ procedure.
A) single-blind
B) double-blind
C) placebo
D) alternative hypothesis

22) Alcohol, barbiturates, and opiates all have ________ effects.
A) hallucinogenic
B) stimulant
C) depressant
D) antigenic

23) Which of the following represents the correct chronological sequence in which brain centers are affected by alcohol?
A) frontal lobes, cerebellum, medulla and spinal cord
B) cerebellum, frontal lobes, medulla and spinal cord
C) medulla and spinal cord, cerebellum, frontal lobes
D) frontal lobes, medulla and spinal cord, cerebellum

24) Because it depresses or inhibits the centers in the brain that are used for critical judgment and inhibition of impulsive behavior, drinkers often experience alcohol as a(n) ________.
A) depressant
B) hallucinogenic
C) stimulant
D) antigen
25) For men, "binge drinking" is defined as ________ or more drinks in a row, while for women it is defined as ________ or more drinks in a row.
A) three; two  
B) nine; eight  
C) six; seven  
D) five; four

26) Each of the following is true of barbiturates EXCEPT ________.
A) they can cause permanent psychosis when used by adolescents  
B) they can cause loss of inhibition and increases in aggression  
C) when prescribed as medication, they cause dependence when used for long periods  
D) when taken during pregnancy, they can produce birth defects

27) Heroin is the best known of the ________.
A) barbiturates  
B) stimulants  
C) hallucinogens  
D) opiates

28) Caffeine, nicotine, amphetamines, and cocaine are members of a class of drugs known as ________.
A) stimulants  
B) depressants  
C) analgesics  
D) hallucinogens

29) A study in which participants were asked to perform perceptual and motor tasks after ingesting caffeine found that their performance on the tasks were ________ than without it.
A) much worse  
B) no better  
C) much better  
D) slightly better

30) The most addictive and dangerous stimulant in use today is ________.
A) amphetamine  
B) nicotine  
C) cocaine  
D) alcohol

31) Reed has undergone profound behavior changes recently. He has been aggressive and violent, eats very little, and has acted paranoid. These marked changes in his behavior are probably the result of ________ abuse.
A) LSD  
B) barbiturate  
C) alcohol  
D) amphetamine

32) Each of the following is true of "ecstasy" EXCEPT ________.
A) even short-term recreational use has been proven to cause long-term harmful consequences  
B) heavy use has been associated with a decline in visual memory  
C) recreational use may lead to a decrease in intelligence scores  
D) its use by pregnant women has been linked to birth defects

33) On a biochemical level, cocaine blocks the reabsorption of the neurotransmitter ________.
A) epinephrine  
B) dopamine  
C) serotonin  
D) acetylcholine

34) Mescaline, peyote, and psilocybin are all ________.
A) opiates  
B) hallucinogens  
C) stimulants  
D) barbiturates

35) Three of the following statements are true. Which one is NOT true?
A) Marijuana users experience distortions in time perception.  
B) Marijuana use can lead to cardiovascular and respiratory damage.  
C) Marijuana interferes with attention and short-term memory.  
D) Marijuana is more harmful than legal drugs such as alcohol and nicotine.

36) Which of the following is NOT an identifiable physiological change produced by meditation?
A) lower rate of metabolism  
B) increase in alpha brain waves  
C) increased heart rate  
D) decrease in blood lactate

37) Each of the following has been reported by researchers studying the effects of meditation EXCEPT ________ among users.
A) increased sensory awareness  
B) a reduction in functional complaints  
C) increased usage of recreational drugs  
D) increased peace of mind

38) Hypnotic susceptibility appears to ________.
A) be almost completely learned  
B) vary from individual to individual  
C) be similar for almost everyone  
D) be almost completely inherited
39) The use of hypnosis in clinical and therapeutic settings is ________ to assess and ________ effective.
A) difficult; universally
B) difficult; not universally
C) easy; universally
D) easy; not universally

40) Each of the following is recommended by sleep experts for coping with insomnia EXCEPT ________.
A) getting out of bed and doing something for an hour or so until you feel sleepy again
B) having a regular bedtime routine that you follow each night before retiring
C) establishing a regular exercise program within a few hours of bedtime
D) setting aside regular times during the day to mull over your worries

Short Answer Questions:

41) While studying this chapter, you have read and heard three theories about why we dream: Freudian psychoanalytic theory, the information processing model, and the activation-synthesis hypothesis. Briefly describe what each of these three theories says about the purpose of dreaming.

42) Sleeping is not always easy. Sometimes, things can go wrong. Describe all four of the following sleep problems in enough detail to demonstrate that you know what they are: insomnia, narcolepsy, sleep apnea and night terrors.

43) Make a choice: EITHER A) Define dependence, tolerance and withdrawal as they relate to drug use, OR B) describe three ways in which much psychoactive drug use in the United States today is different from the use of such drugs in other societies and times.

44) Make a chart in which you list the three classes of consciousness-altering drugs, give three examples of each class of drug and list three effects for each class. Here is an example:

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<th>CLASS OF DRUG</th>
<th>EXAMPLES (three for each class)</th>
<th>EFFECTS (three for each class)</th>
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