UNIT 12 PRACTICE

Name: ________________________ Date: ______________

1. A sense of satisfaction with life is known as
   A) the spillover effect.
   B) the adaption-level phenomenon.
   C) subjective well-being.
   D) the feel-good, do-good phenomenon.
   E) catharsis.

2. A psychotherapist suggests that Theresa can effectively reduce the anger she feels toward her ex-boyfriend by tearing pictures of him into little pieces. This therapeutic technique is based on the
   A) catharsis hypothesis.
   B) adaptation-level principle.
   C) James-Lange theory.
   D) two-factor theory.
   E) relative deprivation principle.

3. Rosaria is upset with her husband for not putting his dirty clothes in the laundry basket. Anger experts would most likely recommend that she deal with her frustration by saying to him
   A) “Why do you expect me to do all the work around here?”
   B) “I'm not your mother. Take some responsibility.”
   C) “From now on I'm going to leave my dirty clothes around for you to pick up.”
   D) “It annoys me that you leave your dirty clothes for me to pick up.”
   E) “I refuse to make dinner until you do the laundry.”

4. People report that they are especially likely to experience anger when they are harmed by an event that is perceived as
   A) unusual.
   B) unintended.
   C) unjustified.
   D) unavoidable.
   E) unnoticed.
5. It has been suggested that baring the teeth is universally associated with the expression of anger because this ability to convey threats has helped humans to survive. This suggestion best illustrates the
A) evolutionary perspective.
B) relative deprivation principle.
C) Cannon-Bard theory.
D) two-factor theory.
E) adaptation-level principle.

6. Boyd, a suspect in a criminal investigation, has agreed to take a lie detector test. The machine used in this test is most likely to measure his
A) blood sugar levels.
B) pupil dilation.
C) hormone secretions.
D) perspiration levels.
E) eye movements.

7. Whether we feel angry or depressed in response to a low exam grade depends on whether we attribute the poor grade to an unfair test or to our own low intelligence. This best illustrates that emotions are influenced by
A) physical arousal.
B) relative deprivation.
C) cognitive appraisals.
D) genetic predispositions.
E) moral judgments.

8. After receiving an unexpected “A” on his psychology test, Jordan was easily persuaded to baby-sit his little sister while his parents went out for dinner. This best illustrates the
A) catharsis hypothesis.
B) adaptation-level phenomenon.
C) feel-good, do-good phenomenon.
D) relative deprivation principle.
E) facial feedback effect.

9. Couples who are passionately in love most frequently communicate intimacy by means of
A) averted glances.
B) contraction of the pupils.
C) winking.
D) prolonged eye-gazing.
E) raising just the inner parts of the eyebrows.
10. Which brain structure has been found to be especially important in learning to fear specific objects?
   A) hypothalamus
   B) amygdala
   C) corpus callosum
   D) hippocampus
   E) thalamus

11. Which theory would be most threatened by evidence that highly similar patterns of physiological activity are associated with uniquely different emotional states?
   A) the two-factor theory
   B) the Cannon-Bard theory
   C) the catharsis theory
   D) the James-Lange theory
   E) the adaptation-level phenomenon

12. Winston has a very negative academic self-concept because he attends a school where most of his classmates are more academically advanced than he is. Winston's experience best illustrates the
   A) adaptation-level phenomenon.
   B) two-factor theory.
   C) catharsis hypothesis.
   D) relative deprivation principle.
   E) James-Lange theory.

13. Repeatedly saying the word “me” puts people in a better mood than repeatedly saying “you.” This best illustrates the
   A) catharsis hypothesis.
   B) feel-good, do-good phenomenon.
   C) adaptation-level phenomenon.
   D) facial feedback effect.
   E) relative deprivation principle.

14. Research suggests that monkeys reared in the wild fear snakes because they
   A) are biologically predisposed to fear nearly all primitive forms of life.
   B) have a particularly strong nervous system reaction to snake bites.
   C) have encountered snakes near dead monkeys.
   D) have observed other monkeys’ fearful reactions to snakes.
   E) frequently compete with snakes for control of territory and natural resources.
15. A therapist tells a patient who is afraid of elevators that his rapid breathing while on an elevator is not due to fear but is a natural consequence of too little oxygen in a small, enclosed space. With this new interpretation of his arousal, the patient no longer dreads elevators. The reduction in the patient's fear is best understood in terms of the
A) adaptation-level phenomenon.
B) two-factor theory.
C) James-Lange theory.
D) catharsis hypothesis.
E) relative deprivation principle.

16. Carroll Izard has suggested that love is a mixture of interest-excitement and
A) pride.
B) surprise.
C) fear.
D) joy.
E) lust.

17. Anger is to rage as fear is to
A) guilt.
B) shame.
C) pain.
D) disgust.
E) terror.

18. Which division of the nervous system arouses the body and mobilizes its energy in emotionally stressful situations?
A) sympathetic
B) central
C) somatic
D) parasympathetic
E) autonomic

19. Logan is an unsuccessful businessman who feels little satisfaction with life. In order to increase his subjective well-being, Logan should
A) imagine what his own life might be like if he became rich and famous.
B) compare himself with friends who became rich and successful.
C) identify how his own foolish decisions and lack of foresight have contributed to his unhappiness.
D) recall past moments when his life was much more pleasant than it is now.
E) imagine what his life might be like if he were suffering from a fatal disease.
20. After being physically aroused by his daily three-mile run, Martin finds that he experiences stronger resentment if his wife asks for an unexpected favor and more intense romantic feelings if she kisses him. Martin’s experience can best be explained by the
A) two-factor theory.
B) James-Lange theory.
C) Cannon-Bard theory.
D) catharsis hypothesis.
E) adaptation-level principle.

21. The two-factor theory of emotion places more emphasis on the importance of ________ than do other theories of emotion.
A) cognitive activity
B) subjective well-being
C) physiological arousal
D) catharsis
E) overt behavior

22. Researchers have found that people experience cartoons as more amusing while holding a pen with their teeth than while holding it with their lips. This best illustrates the
A) catharsis hypothesis.
B) relative deprivation principle.
C) facial feedback effect.
D) adaptation-level phenomenon.
E) feel-good, do-good phenomenon.

23. The suggestion that “a happy face creates a merry soul” is most consistent with the
A) Cannon-Bard theory.
B) catharsis hypothesis.
C) adaptation-level principle.
D) James-Lange theory.
E) relative deprivation principle.

24. The fact that people from widely different cultures display and interpret facial expressions of emotion in a similar manner best illustrates the impact of
A) human genetic similarities.
B) the adaptation-level phenomenon.
C) the catharsis hypothesis.
D) the spillover effect.
E) cognitive labeling.
25. Lymphocytes are
   A) harmful agents such as chemicals and viruses that cross the placenta from mother to fetus.
   B) stress hormones produced by the sympathetic nervous system.
   C) cancer cells that form in the lymph glands.
   D) white blood cells that are part of the body's immune system.
   E) a type of protein found in the cell wall.

26. Juan and Berta were millionaires until they lost everything due to a bad investment decision. Which of the following best explains why after three years Juan and Berta seem to have suffered no permanent loss of contentment?
   A) relative deprivation principle
   B) two-factor theory
   C) James-Lange theory
   D) catharsis hypothesis
   E) adaptation-level phenomenon

27. A loss of perceived control tends to result in
   A) low blood pressure.
   B) reduced immune responses.
   C) problem-focused coping.
   D) low blood sugar levels.
   E) type-A responses.

28. To alleviate the stress of losing her job, Alicia enrolled in a work retraining program that led to full-time employment. Alicia's behavior best illustrates
   A) learned helplessness.
   B) a fight-or-flight reaction.
   C) problem-focused coping.
   D) a Type A profile.
   E) psychoneuroimmunology.

29. When Rick learned that many students had received a failing grade on the midterm exam, he was no longer disappointed by his C grade. His experience best illustrates the importance of
   A) perceptual adaptation.
   B) bottom-up processing.
   C) relative clarity.
   D) relative deprivation.
   E) interposition.
30. Researchers have found that certain factors are related to happiness. One of these is that happy people tend to
   A) be well educated.
   B) have many children.
   C) have a satisfying marriage or close friendship.
   D) be over 50 years old.
   E) be physically attractive.

31. Which theory can best explain the results of the experiment in which college men were injected with epinephrine prior to spending time with either a euphoric or an irritated person?
   A) the Cannon-Bard theory
   B) the two-factor theory
   C) the James-Lange theory
   D) the adaptation-level theory
   E) the relative-deprivation theory

32. People are especially good at quickly detecting facial expressions of
   A) love.
   B) anger.
   C) surprise.
   D) happiness.
   E) boredom.

33. Evidence that visual input is routed from the thalamus directly to the amygdala has been used to support the claim that
   A) the cortex sends more neural projections to the amygdala than it receives back.
   B) emotion tends to distort our perceptions of the world.
   C) a visual stimulus always triggers a stronger emotional response than does an auditory stimulus.
   D) some emotional reactions may occur without conscious thinking.
   E) blind people must learn expressions of emotion.
34. Astrid was emotionally aroused by a TV horror movie. She became extremely angry when her younger brother momentarily blocked her view of the screen. When her movie viewing was interrupted by a phone call from her boyfriend, however, she experienced unusually intense romantic feelings. Astrid's different emotional reactions to her brother and her boyfriend are best explained by the
A) catharsis hypothesis.
B) James-Lange theory.
C) adaptation-level principle.
D) two-factor theory.
E) Cannon-Bard theory.

35. The most universally understood way of expressing emotion is through
A) hand gestures.
B) body postures.
C) facial expressions.
D) tone of voice.
E) music and dance.
Answer Key

1. C
2. A
3. D
4. C
5. A
6. D
7. C
8. C
9. D
10. B
11. D
12. D
13. D
14. D
15. B
16. D
17. E
18. A
19. E
20. A
21. A
22. C
23. D
24. A
25. D
26. E
27. B
28. C
29. D
30. C
31. B
32. B
33. D
34. D
35. C