

Psychological Foundations of Human Health

Psychology · Answer Key · 8 Questions

1. Which neurotransmitter is primarily responsible for the regulation of sleep-wake cycles and mood in the human body?

- A) Serotonin**
- B) Dopamine
- C) Acetylcholine
- D) Glutamate

2. What is the specific brain region primarily responsible for the formation and storage of new long-term memories?

- A) Amygdala
- B) Hippocampus**
- C) Cerebellum
- D) Thalamus

3. The 'fight-or-flight' response, which triggers the release of adrenaline and cortisol, is primarily controlled by which bodily system?

- A) Parasympathetic nervous system
- B) Endocrine system
- C) Sympathetic nervous system**
- D) Digestive system

4. Chronic stress has been scientifically linked to the shrinkage of which brain structure associated with memory and spatial navigation?

- A) Hippocampus**
- B) Prefrontal Cortex
- C) Occipital Lobe
- D) Brain Stem

5. Which hormone is often referred to as the 'bonding hormone' due to its role in social recognition, maternal behavior, and social trust?

- A) Insulin
- B) Oxytocin**
- C) Estrogen
- D) Thyroxine

6. The circadian rhythm, which dictates the body's internal clock, is primarily regulated by which gland in the brain?

A) Pituitary gland

B) Pineal gland

C) Thyroid gland

D) Adrenal gland

7. Which part of the brain is most associated with the processing of emotional responses, particularly fear and aggression?

A) Hypothalamus

B) Amygdala

C) Basal ganglia

D) Parietal lobe

8. What is the primary function of the myelin sheath that surrounds the axons of neurons in the human nervous system?

A) To produce neurotransmitters

B) To increase the speed of electrical impulse transmission

C) To protect the cell nucleus from toxins

D) To anchor neurons in place within the brain