

# Psychological Foundations of Human Health

Psychology · Practice Test · 8 Questions

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**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