

Psychology and Human Body Facts

Psychology · Answer Key · 10 Questions

1. Which part of the brain is primarily responsible for regulating basic life functions like breathing and heart rate?

- A) Cerebellum
- B) Cerebral Cortex
- C) Brainstem**
- D) Hippocampus

2. What hormone is commonly associated with the 'fight-or-flight' response, preparing the body for stressful situations?

- A) Insulin
- B) Serotonin
- C) Melatonin
- D) Adrenaline**

3. The sensation of thirst is primarily triggered by dehydration, leading to changes in which bodily fluid?

- A) Blood**
- B) Cerebrospinal fluid
- C) Bile
- D) Saliva

4. What is the name of the neurotransmitter that plays a key role in mood regulation, sleep, and appetite?

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

5. Sleep is essential for memory consolidation. During which stage of sleep are vivid dreams most commonly experienced?

- A) Stage 1 (NREM)
- B) Stage 2 (NREM)
- C) Stage 3 (NREM)
- D) REM Sleep**

6. The body's internal clock, which regulates sleep-wake cycles, is known as the:

A) Autonomic nervous system

B) Circadian rhythm

C) Limbic system

D) Endocrine system

7. What is the primary function of the cerebellum in the human body?

A) Processing sensory information

B) Coordinating voluntary movements and balance

C) Regulating emotions

D) Storing long-term memories

8. When the body experiences pain, it signals that something is wrong. What are the specialized nerve cells that detect and transmit these pain signals called?

A) Photoreceptors

B) Mechanoreceptors

C) Nociceptors

D) Chemoreceptors

9. Which hormone is released by the pancreas and helps regulate blood sugar levels by allowing cells to absorb glucose?

A) Cortisol

B) Thyroxine

C) Insulin

D) Estrogen

10. The ability to feel touch, pressure, pain, and temperature is a function of which system?

A) Respiratory system

B) Cardiovascular system

C) Digestive system

D) Somatosensory system