

Psychology and Human Body Facts

Psychology · Practice Test · 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