

# Psychology and the Human Body

Psychology · Answer Key · 20 Questions

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

- A) Cerebrum
- B) Cerebellum
- C) Brainstem**
- D) Amygdala

**2. What is the primary function of neurotransmitters in the human body?**

- A) Storing memories
- B) Transmitting signals between nerve cells**
- C) Regulating body temperature
- D) Producing hormones

**3. The release of which hormone is associated with the body's 'fight or flight' response to stress?**

- A) Insulin
- B) Melatonin
- C) Cortisol**
- D) Estrogen

**4. Which system in the body is responsible for delivering oxygen and nutrients to cells and removing waste products?**

- A) Nervous system
- B) Endocrine system
- C) Circulatory system**
- D) Muscular system

**5. Sleep is crucial for which bodily process related to memory and learning?**

- A) Digestion
- B) Cell regeneration
- C) Memory consolidation**
- D) Muscle growth

**6. What effect can chronic stress have on the immune system?**

- A) Strengthen it
- B) Make it more efficient
- C) Weaken it**
- D) Make it overactive

**7. The gut-brain axis describes the communication pathway between which two systems?**

- A) Skeletal and Muscular
- B) Nervous and Digestive**
- C) Circulatory and Respiratory
- D) Endocrine and Reproductive

**8. What is the role of the hypothalamus in the body?**

- A) Processing visual information
- B) Regulating hunger and thirst**
- C) Coordinating voluntary movements
- D) Producing antibodies

**9. Exercise has a positive impact on which neurotransmitter associated with mood?**

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

**10. Which organ produces insulin, a hormone that regulates blood sugar levels?**

- A) Liver
- B) Kidneys
- C) Pancreas**
- D) Stomach

**11. The perception of pain involves signals sent through which system?**

- A) Autonomic nervous system
- B) Central nervous system
- C) Peripheral nervous system**
- D) Endocrine system

**12. What is the primary function of the cerebellum?**

- A) Language processing
- B) Emotional regulation
- C) Motor control and balance**
- D) Sensory input interpretation

**13. Which part of the brain is heavily involved in processing emotions like fear?**

- A) Hippocampus
- B) Prefrontal cortex
- C) Amygdala**
- D) Thalamus

**14. Dehydration can negatively impact cognitive functions such as:**

- A) Taste and smell
- B) Attention and memory**
- C) Motor coordination
- D) Vision

**15. The endocrine system uses what to communicate throughout the body?**

- A) Electrical impulses
- B) Hormones**
- C) Enzymes
- D) Nerve signals

**16. Which hormone is primarily released by the pineal gland and influences sleep-wake cycles?**

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

**17. The brain's reward pathway is primarily associated with the release of which neurotransmitter?**

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

**18. What is the effect of sunlight exposure on the body's production of Vitamin D?**

- A) Decreases production
- B) Has no effect
- C) Increases production**
- D) Reverses production

**19. Which part of the neuron is responsible for receiving signals from other neurons?**

- A) Axon
- B) Myelin sheath
- C) Cell body
- D) Dendrites**

**20. The sensation of hunger is regulated by hormones produced in which area?**

- A) Adrenal glands
- B) Thyroid gland
- C) Hypothalamus**
- D) Pituitary gland