

Psychology and the Human Body

Psychology · Practice Test · 20 Questions

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