

Advanced Psychology Fundamentals

Psychology · Answer Key · 15 Questions

1. Which psychological phenomenon describes the tendency to overestimate the extent to which others share our beliefs and behaviors?

- A) The Bystander Effect
- B) The False Consensus Effect**
- C) The Dunning-Kruger Effect
- D) The Placebo Effect

2. Who is primarily credited with the development of the 'Hierarchy of Needs' theory?

- A) Sigmund Freud
- B) B.F. Skinner
- C) Abraham Maslow**
- D) Carl Rogers

3. What is the term for the memory process that involves organizing information into manageable units to improve retention?

- A) Encoding
- B) Chunking**
- C) Retrieval
- D) Rehearsal

4. In operant conditioning, what is the effect of negative reinforcement?

- A) Decreasing a behavior by adding a stimulus
- B) Increasing a behavior by removing an aversive stimulus**
- C) Decreasing a behavior by removing a reward
- D) Increasing a behavior by adding a reward

5. Which neurotransmitter is most directly associated with the regulation of mood and is a common target for antidepressants?

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

6. What is the primary function of the hippocampus in the human brain?

- A) Regulation of emotions
- B) Motor coordination
- C) Formation of new long-term memories**
- D) Processing visual information

7. Which bias involves the tendency to search for, interpret, and recall information in a way that confirms one's preexisting beliefs?

A) Availability Heuristic

B) Confirmation Bias

C) Hindsight Bias

D) Anchoring Bias

8. According to the Big Five personality traits, which trait describes a person's tendency to be organized, dependable, and disciplined?

A) Agreeableness

B) Openness

C) Conscientiousness

D) Extraversion

9. What type of study tracks the same group of individuals over an extended period to observe changes?

A) Cross-sectional study

B) Case study

C) Longitudinal study

D) Experimental study

10. Which psychological concept explains why people are less likely to offer help in an emergency when other people are present?

A) Social Facilitation

B) Group Polarization

C) Bystander Effect

D) Deindividuation

11. What is the primary focus of Cognitive Behavioral Therapy (CBT)?

A) Exploring unconscious childhood conflicts

B) Changing maladaptive thought patterns and behaviors

C) Examining dream symbolism

D) Analyzing early attachment styles

12. Which brain structure is known as the 'relay station' for sensory information, sending it to the appropriate areas of the cortex?

A) Thalamus

B) Hypothalamus

C) Amygdala

D) Cerebellum

13. What is the 'just-world hypothesis'?

- A) The belief that people get what they deserve**
- B) The need for total equality in society
- C) The assumption that legal systems are inherently fair
- D) The tendency to blame environmental factors for failure

14. In classical conditioning, what is the term for the initial stage of learning during which a response is first established?

- A) Extinction
- B) Acquisition**
- C) Generalization
- D) Discrimination

15. Which hormone is commonly referred to as the 'stress hormone' and is released by the adrenal glands?

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