

Introduction to Psychological Foundations

Psychology · Answer Key · 20 Questions

1. Which part of the brain is primarily responsible for processing visual information?

- A) Frontal lobe
- B) Occipital lobe**
- C) Temporal lobe
- D) Parietal lobe

2. What is the term for the biological clock that regulates the sleep-wake cycle in humans?

- A) Circadian rhythm**
- B) Homeostasis
- C) Metabolism
- D) Endocrine system

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

- A) To decrease a behavior
- B) To ignore a behavior
- C) To increase a behavior**
- D) To punish a behavior

4. Which Swiss psychologist is famous for his theory of cognitive development in children?

- A) Sigmund Freud
- B) B.F. Skinner
- C) Jean Piaget**
- D) Carl Jung

5. What is the primary function of the neurotransmitter dopamine in the brain?

- A) Regulating digestion
- B) Relieving pain
- C) Managing reward and pleasure**
- D) Controlling heart rate

6. According to the Big Five personality traits, which trait describes a person who is organized and dependable?

- A) Agreeableness
- B) Conscientiousness**
- C) Extraversion
- D) Neuroticism

7. What does the 'nature vs. nurture' debate in psychology focus on?

A) Genetics vs. environment

B) Conscious vs. unconscious

C) Individual vs. group

D) Physical vs. mental

8. Which psychological term refers to the process of acquiring new information or behaviors?

A) Perception

B) Learning

C) Sensation

D) Attention

9. What is the 'fight-or-flight' response controlled by?

A) The digestive system

B) The endocrine system

C) The sympathetic nervous system

D) The skeletal system

10. Which of these is a mnemonic device used to improve memory?

A) Chunking

B) Hypnosis

C) Conditioning

D) Analysis

11. What does an EEG (electroencephalogram) record?

A) Blood flow in the brain

B) Oxygen levels in the blood

C) Electrical activity of the brain

D) Chemical imbalances

12. Which type of memory is used for short-term tasks and immediate processing?

A) Long-term memory

B) Working memory

C) Sensory memory

D) Implicit memory

13. What is the definition of a 'phobia'?

A) A type of personality disorder

B) An irrational and intense fear of a specific object or situation

C) A lack of social skills

D) A belief in things that are not true

14. Which psychologist proposed the hierarchy of needs, starting with physiological requirements?

A) Abraham Maslow

B) Albert Bandura

C) Ivan Pavlov

D) Erik Erikson

15. What is the term for the tendency to look for information that confirms our existing beliefs?

A) Hindsight bias

B) Confirmation bias

C) Availability heuristic

D) Groupthink

16. In psychology, what is the 'unconscious mind' primarily associated with?

A) Rational decision making

B) Processing sensory input

C) Automatic mental processes and hidden desires

D) Logical planning

17. Which of these is considered a 'primary' emotion in psychological theory?

A) Guilt

B) Joy

C) Pride

D) Shame

18. What is the main purpose of a double-blind study?

A) To save time and money

B) To reduce bias from both participants and researchers

C) To use more participants

D) To focus on qualitative data

19. Which sensory system is responsible for our sense of balance?

A) Vestibular system

B) Olfactory system

C) Gustatory system

D) Somatosensory system

20. What is the term for the scientific study of how people think about, influence, and relate to one another?

A) Developmental psychology

B) Social psychology

C) Forensic psychology

D) Industrial psychology