

Introduction to Psychological Foundations

Psychology · Practice Test · 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