

Name: _____ Student ID#: _____ Section #: _____

1. After spending years in the ocean, a mature salmon swims up its home river to return to its birthplace. This behavior is an example of
 - A) homeostasis.
 - B) a set point.
 - C) a refractory period.
 - D) an instinct.

2. Some students work hard in school to attain high grades. This best illustrates the importance of
 - A) homeostasis.
 - B) set points.
 - C) refractory periods.
 - D) incentives.

3. A starving rat will lose all interest in food if its _____ is destroyed.
 - A) lateral thalamus
 - B) ventromedial thalamus
 - C) lateral hypothalamus
 - D) ventromedial hypothalamus

4. The secretion of PYY _____ hunger and the secretion of orexin _____ hunger.
 - A) increases; decreases
 - B) decreases; increases
 - C) increases; increases
 - D) decreases; decreases

5. To lose some of the weight she gained from binge eating, Melissa uses laxatives and exercises until she is exhausted. Melissa most clearly demonstrates symptoms of
 - A) anorexia nervosa.
 - B) binge-eating disorder.
 - C) bulimia nervosa.
 - D) a refractory period.

6. Over the past 50 years, the incidence of anorexia nervosa has steadily increased. This is most clearly attributable to
 - A) cultural ideals of beauty that increasingly encourage thinness.
 - B) increasing levels of childhood sexual abuse.
 - C) the onset of adolescence at increasingly younger ages.
 - D) the decreasing emphasis on maintaining stable marriages.

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7. In a classic experiment, obese patients whose daily caloric intake was dramatically reduced lost only 6 percent of their weight. This limited weight loss was due, at least in part, to the fact that their dietary restriction led to a(n)
 - A) decrease in their secretion of ghrelin.
 - B) elevation of their set points.
 - C) decrease in their metabolic rate.
 - D) elevation of their blood glucose levels.

8. During which phase of the sexual response cycle does the refractory period begin?
 - A) the plateau phase
 - B) the resolution phase
 - C) the excitement phase
 - D) orgasm

9. The removal of a woman's ovaries may contribute to decreasing sexual interest because her natural _____ level is _____.
 - A) testosterone; lowered
 - B) testosterone; raised
 - C) PYY; lowered
 - D) PYY; raised

10. The fraternal birth-order effect refers to a factor associated with
 - A) task leadership.
 - B) achievement motivation.
 - C) eating disorders.
 - D) sexual orientation.

11. When asked what is most necessary for a happy and meaningful life, most people first mention the importance of satisfying their _____ needs.
 - A) achievement
 - B) safety
 - C) sexual
 - D) belongingness

12. A completely focused state of consciousness resulting from optimal engagement of one's skills is called
 - A) a democratic style.
 - B) task leadership.
 - C) transformational leadership.
 - D) flow.

13. For each performance review, Professor Donnell is evaluated by her students, colleagues, department chair, and research assistants. This best illustrates
 - A) homeostasis.
 - B) the experience of flow.
 - C) human factors psychology.
 - D) 360-degree feedback.

14. Assessing the impact of different management styles on the motivation and productivity of employees best illustrates the professional concerns of
- A) personnel psychology.
 - B) clinical psychology.
 - C) organizational psychology.
 - D) human factors psychology.
15. Managers who build teamwork and effectively mediate employee conflicts are said to excel in
- A) structured interviews.
 - B) social leadership.
 - C) achievement motivation.
 - D) a directive management style.
16. By motivating us to satisfy our physical needs, hunger and thirst serve to
- A) raise the set point.
 - B) maintain homeostasis.
 - C) lower sex hormone levels.
 - D) shorten the refractory period.
17. Need is to _____ as drive is to _____.
- A) food deprivation; hunger
 - B) motivation; incentive
 - C) thirst; basal metabolic rate
 - D) instinct; incentive
18. Destruction of the _____ causes an animal to _____.
- A) lateral hypothalamus; overeat
 - B) lateral hypothalamus; start eating
 - C) ventromedial hypothalamus; overeat
 - D) ventromedial hypothalamus; stop eating
19. Orexin is an appetite hormone secreted by the
- A) hypothalamus.
 - B) pancreas.
 - C) stomach.
 - D) liver.
20. The concept of a set point is relevant to understanding the experience of
- A) hunger.
 - B) sexual motivation.
 - C) achievement motivation.
 - D) the need to belong.

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21. Lindsey is extremely afraid of becoming obese even though she is underweight. She often checks her body in the mirror for any signs of fat and refuses to eat most foods because she insists they are fatty or high in calories. Lindsey most clearly demonstrates symptoms of
- A) bulimia nervosa.
 - B) an abnormally high set point.
 - C) anorexia nervosa.
 - D) excess PYY.
22. According to health psychologists, which of the following would be the BEST advice or encouragement to offer someone who wants to lose excess weight?
- A) "Avoid complex carbohydrates like potatoes and pasta."
 - B) "Reduce your weight gradually over a period of several months."
 - C) "Your self-esteem will increase dramatically if you can successfully lose weight."
 - D) "Once you lose your excess weight, you will experience a big reduction in your appetite for food."
23. Which of the following is indicative of a sexual disorder?
- A) nocturnal emissions
 - B) premature ejaculation
 - C) erotic plasticity
 - D) refractory periods
24. Teenage girls are especially vulnerable to _____ because of their lower levels of protective antibodies.
- A) few refractory periods
 - B) bulimia nervosa
 - C) erotic plasticity
 - D) STIs
25. Which of the following is NOT true with respect to sexual orientation?
- A) Virtually all cultures in all times have been predominantly heterosexual.
 - B) The environmental factors that influence sexual orientation are presently unknown.
 - C) Identical twins are somewhat more likely than fraternal twins to share a homosexual orientation.
 - D) With the help of a therapist, most people find it easy to change their sexual orientation.
26. Our _____ is said to be a gauge of how socially accepted we feel.
- A) set point
 - B) basal metabolic rate
 - C) erotic plasticity
 - D) self-esteem
27. The stress normally experienced by immigrants is lessened by *chain migration*. This best illustrates the importance of _____ needs.
- A) self-actualization
 - B) achievement
 - C) belongingness
 - D) sexual

28. Work is most likely to be satisfying for employees if it is associated with
- A) task leadership.
 - B) the experience of flow.
 - C) 360-degree feedback.
 - D) unstructured interviews.
29. Personnel psychology is one of the main subfields of
- A) organizational psychology.
 - B) industrial-organizational psychology.
 - C) human factors psychology.
 - D) evolutionary psychology.
30. Compared with ineffective managers, those who are effective are more likely to
- A) use informal, unstructured interviews when selecting new employees.
 - B) exercise a directive management style for achieving organizational goals.
 - C) celebrate employee productivity by providing them with recognition and rewards.
 - D) do all of these things.