

Unit 5: States of Consciousness
TEST REVIEW PACKAGE
45 MC Questions

Name: _____ Date: _____

1. Until reading this question you were unaware that your shoes are pressing against your feet. This focusing of your conscious attention, or selective attention, illustrates that
 - A) consciousness is easily understood and defined.
 - B) conscious awareness is one part of the dual processing that occurs in our two-track minds.
 - C) the definition of consciousness is constantly evolving.
 - D) behaviorism explains many psychological phenomena.
 - E) advances in neuroscience make it possible to relate brain activity to our mental states.

2. Which of the following is true of melatonin?
 - A) It is produced by the brain during the hypnagogic stage in NREM sleep.
 - B) Production of melatonin during sleep boosts our immune system, which helps us fight off viral infections.
 - C) It is a sleep hormone released by the pineal gland into the bloodstream.
 - D) It alters metabolic and hormonal functioning in ways that mimic aging.
 - E) It helps restore and repair brain tissue by increasing the production of free radicals.

3. The circadian rhythm is influenced by light-sensitive retinal proteins that trigger signals to the
 - A) suprachiasmatic nucleus.
 - B) dopamine reward system.
 - C) thyroid gland.
 - D) sleep spindles.
 - E) MDMA.

45

4. Fast and jerky movements of the eyes are especially likely to be associated with
 - A) sleep spindles.
 - B) dissociation.
 - C) REM sleep.
 - D) sleep apnea.
 - E) NREM sleep.

5. The brain waves associated with REM sleep are most similar to those of
 - A) Stage 1 sleep.
 - B) Stage 2 sleep.
 - C) Stage 3 sleep.
 - D) Stage 4 sleep.
 - E) Stage 5 sleep.

6. Research on sleep patterns indicates that
 - A) older adults and newborns have very similar sleep patterns.
 - B) different sleep patterns reflect differences in latent dream content.
 - C) everyone needs a minimum of 8 hours of sleep per night to function well.
 - D) sleep patterns may be genetically influenced.
 - E) REM sleep may not be necessary for normal functioning.

7. Daniel Kahneman and his colleagues found that the daily moods of working women were most heavily influenced by
 - A) weather conditions.
 - B) job security.
 - C) a good night's sleep.
 - D) their ability to purchase luxury goods.
 - E) dissociative episodes.

8. Layla has difficulty going to sleep and staying asleep. Layla is most likely suffering from
 - A) sleep apnea.
 - B) night terrors.
 - C) hypnagogic sleep.
 - D) insomnia.
 - E) paradoxical sleep.

9. Obesity is a risk factor for developing which of the following sleep disorders?
- A) night terrors
 - B) sleepwalking
 - C) sleep apnea
 - D) insomnia
 - E) sleeptalking
10. About three hours after he falls asleep, Bobby often sits up in bed screaming incoherently. His mother tries to awaken him, but with no success. His pulse races and he gasps for breath. The next morning, he remembers nothing. It appears that Bobby suffers from
- A) night terrors.
 - B) narcolepsy.
 - C) sleep spindles.
 - D) sleep apnea.
 - E) insomnia.
11. Freud called the remembered story line of a dream its _____ content.
- A) manifest
 - B) latent
 - C) dissociated
 - D) paradoxical
 - E) delusional
12. According to Freud, the latent content of a dream refers to
- A) its accompanying brain-wave pattern.
 - B) the previous day's events that prompted the dream.
 - C) the sensory stimuli in the sleeping environment that are incorporated into the dream.
 - D) its underlying but censored meaning.
 - E) the story line of our dreams.
13. The emotional tone of our dreams is especially likely to be influenced by activation of the _____ during REM sleep.
- A) sensory cortex
 - B) limbic system
 - C) frontal lobes
 - D) pineal gland
 - E) MDMA area

14. Twenty-eight-year-old Theodore has an irrational fear of dogs. His therapist hypnotizes him and asks him to mentally relive his earliest childhood experience with a dog. The therapist is making use of
- A) hypnagogic sensations.
 - B) age regression.
 - C) REM rebound.
 - D) temporal dissociation.
 - E) paradoxical sleep.
15. People are particularly responsive to hypnosis if they
- A) strongly expect that they can be hypnotized.
 - B) are below average in intelligence and education.
 - C) are easily distracted and have difficulty focusing attention.
 - D) suffer a physical or psychological dependence on alcohol.
 - E) were diagnosed with a psychological disorder at one time in their lives.
16. Research has indicated that hypnosis
- A) can force people to act against their will.
 - B) can block sensory input.
 - C) is helpful in overcoming alcohol addictions.
 - D) enables some people to undergo surgery with only a local anesthesia.
 - E) is a state of unconsciousness, not an altered state of consciousness.
17. Ernest Hilgard suggested that participants felt little pain when their arms were lowered into ice baths because
- A) being caught up in playing the role of a “good subject” they could ignore the pain.
 - B) the presence of a hypnotist they liked and trusted led them to adopt the “pain control” suggestions.
 - C) they expected that the ice baths would not cause pain.
 - D) hypnosis dissociates the pain sensation from the emotional suffering that people expect from pain.
 - E) most hypnotized people are consciously faking hypnosis.
18. The divided-consciousness theory of hypnosis states that hypnosis involves
- A) role-playing.
 - B) dissociation.
 - C) age regression.
 - D) motivational conflict.
 - E) obedience to authority.

19. Evidence that people in a posthypnotic state have no difficulty remembering everything they had learned while under hypnosis would most clearly serve to challenge
- A) social influence theory.
 - B) the activation-synthesis theory.
 - C) dissociation theory.
 - D) Freud's dream theory.
 - E) withdrawal theory.
20. Dissociation refers to
- A) a state of divided consciousness.
 - B) a state of paradoxical sleep.
 - C) conscious enactment of a hypnotic role.
 - D) nonconformity to social pressure.
 - E) manifest content, which is separate from latent content.
21. Chemical substances that alter perceptions and moods are called _____ drugs.
- A) neuroadaptive
 - B) narcoleptic
 - C) psychoactive
 - D) hypnagogic
 - E) dissociative
22. Alcohol, marijuana, cocaine, and a wide variety of other chemical agents that alter perceptions and moods are called
- A) stimulants.
 - B) narcotic agents.
 - C) psychoactive drugs.
 - D) hallucinogens.
 - E) physiological dependents.
23. Drug tolerance refers to the
- A) absence of pain or anxiety following the use of a drug.
 - B) loss of social inhibitions following drug use.
 - C) discomfort and distress that follow the discontinued use of a drug.
 - D) reduced effect of a drug resulting from its regular usage.
 - E) belief that drug use should be legalized.

24. Physical pain and intense cravings indicate
- A) age regression.
 - B) dissociation.
 - C) physical dependence.
 - D) REM rebound.
 - E) sleep apnea.
25. If Marty doesn't drink caffeinated sodas daily, he experiences severe headaches. Marty is most clearly showing signs of
- A) tolerance.
 - B) physical dependence.
 - C) a hypnagogic state.
 - D) psychological dependence.
 - E) dissociation.
26. Although repeated use of amphetamines has caused Aaron legal problems, which threaten his job, he continues to use the drugs. Aaron most clearly shows signs of
- A) REM rebound.
 - B) age regression.
 - C) narcolepsy.
 - D) addiction.
 - E) dissociation.
27. Which of the following is true of alcohol?
- A) In large doses, it is a depressant; in small doses, it is a stimulant.
 - B) In large doses, it is a stimulant; in small doses, it is a depressant.
 - C) In large doses, it is a hallucinogen; in small doses, it is a depressant.
 - D) In large doses, it is a stimulant; in small doses, it is a stimulant.
 - E) In large doses, it is a depressant; in small doses, it is a depressant.
28. After a stressful day at the office, Arthur has five or six drinks at a local bar before going home for dinner. Research suggests that Arthur's heavy drinking will have the most adverse effect on his ability to remember
- A) at the time he is drinking the names of the people he has just met.
 - B) the next day the names of the people he talked to and what he said while drinking.
 - C) at the time he is drinking the name of his employer and his own home address.
 - D) the next day the names of the business associates he talked to before going to the bar.
 - E) at the time he is drinking how to do long division.

29. Alcohol is considered a(n)
- A) stimulant.
 - B) hallucinogen.
 - C) depressant.
 - D) opiate.
 - E) both a depressant and a hallucinogen.
30. Which drugs are most likely to be prescribed as tranquilizers?
- A) amphetamines
 - B) barbiturates
 - C) hallucinogens
 - D) opiates
 - E) dissociatives
31. Nembutal, Seconal, and Amytal, drugs prescribed to reduce insomnia, are
- A) barbiturates.
 - B) amphetamines.
 - C) opiates.
 - D) mild hallucinogens.
 - E) stimulants.
32. Morphine and heroin are
- A) amphetamines.
 - B) opiates.
 - C) hallucinogens.
 - D) barbiturates.
 - E) stimulants.
33. Soon after taking a psychoactive drug, Larisa's breathing slowed, her pupils constricted, and her feelings of anxiety were replaced by blissful pleasure. Larisa most likely experienced the effects of
- A) cocaine.
 - B) heroin.
 - C) LSD.
 - D) nicotine.
 - E) amphetamine.

34. François was dismayed to discover that some of his football teammates were using drugs to enhance their footwork and endurance on the playing field. Which of the following drugs were the players most likely using?
- A) morphine derivatives
 - B) marijuana
 - C) amphetamines
 - D) barbiturates
 - E) heroin
35. The British government classifies the highly addictive crystallized form of _____ as one of the most dangerous of drugs.
- A) THC
 - B) melatonin
 - C) cortisol
 - D) methamphetamine
 - E) heroin
36. Adolescents are most likely to start smoking in order to
- A) gain social acceptance.
 - B) trigger the release of lymphocytes.
 - C) reduce their mental alertness.
 - D) reduce their blood pressure.
 - E) gain decreased anxiety.
37. By triggering the release of epinephrine and norepinephrine, _____ boosts alertness and diminishes appetite.
- A) alcohol
 - B) heroin
 - C) nicotine
 - D) MDMA
 - E) THC
38. When cocaine is snorted, free-based, or injected, it produces a rush of euphoria by
- A) producing hallucinations.
 - B) blocking the reuptake of dopamine.
 - C) increasing the occurrence of alpha waves.
 - D) triggering a state of dissociation.
 - E) decreasing manifest content.

39. One of the immediate effects of Ecstasy is
- A) increased appetite.
 - B) dehydration.
 - C) lethargy.
 - D) pupil constriction.
 - E) decreased blood pressure.
40. LSD is most likely to produce
- A) narcolepsy.
 - B) hallucinations.
 - C) dissociation.
 - D) night terrors.
 - E) age regression.
41. As oxygen deprivation just prior to death turns off the brain's inhibitory cells, neural activity increases in the
- A) visual cortex.
 - B) motor cortex.
 - C) cerebellum.
 - D) brainstem.
 - E) temporal lobe.
42. Near-death experiences are
- A) typically recalled as very scary and unpleasant.
 - B) often accompanied by visions of bright lights.
 - C) recalled by nearly all who have been revived from a cardiac arrest.
 - D) examples of REM rebound.
 - E) typically experienced during delta wave sleep.
43. An altered state of consciousness similar to that of a near-death experience is most likely to result from the use of
- A) heroin.
 - B) cocaine.
 - C) marijuana.
 - D) LSD.
 - E) barbiturates.

44. Mrs. Roberts, who suffers from AIDS, has been given an ordinarily illegal drug at the university hospital. Considering her specific medical condition, it is likely that she has received
- A) LSD.
 - B) cocaine.
 - C) marijuana.
 - D) heroin.
 - E) Ecstasy.
45. Research suggests that an important factor contributing to drug abuse by youth and young adults is
- A) having a parent who suffers from narcolepsy.
 - B) feeling that one's life is meaningless.
 - C) abnormally high levels of the brain chemical NPY.
 - D) sleep apnea.
 - E) disturbing latent content in dreams.

Answer Key - Unit 5 Review

States of Consciousness
45 MC Practice Q's

1. B
2. C
3. A
4. C
5. A
6. D
7. C
8. D
9. C
10. A
11. A
12. D
13. B
14. B
15. A
16. D
17. D
18. B
19. C
20. A
21. C
22. C
23. D
24. C
25. B
26. D
27. E
28. B
29. C
30. B
31. A
32. B
33. B
34. C
35. D
36. A
37. C
38. B
39. B
40. B
41. A

42. B
43. D
44. C
45. B

45