

AP PSYCHOLOGY 12  
**8B: Emotion, Stress & Health Unit**  
45 MC Practice Questions  
Ms Carey

1. The basic components of emotion are
  - A) sympathetic arousal, parasympathetic inhibition, and cognitive labeling.
  - B) physical gestures, facial expressions, and psychological drives.
  - C) expressive behaviors, physiological arousal, and conscious experience.
  - D) cognition, affect, and behavior.
  - E) physiological reaction, psychological reaction, biopsychosocial reaction.
  
2. The James-Lange theory of emotion states that
  - A) to experience emotion is to be aware of our physiological responses to an emotion-arousing event.
  - B) the expression of emotion reduces our level of physiological arousal.
  - C) an emotion-arousing stimulus simultaneously triggers both physiological arousal and the subjective experience of emotion.
  - D) to experience emotion we must be physically aroused and able to cognitively label the emotion.
  - E) cognitive experiences of emotion determine the extent of our physiological arousal.
  
3. Cassandra's mother told her, "You know you are in love when your heart beats fast and you experience that unique trembling feeling inside." This remark best illustrates the \_\_\_\_\_ theory of emotion.
  - A) Cannon-Bard
  - B) two-factor
  - C) catharsis
  - D) James-Lange
  - E) adaptation-level
  
4. According to the \_\_\_\_\_, you would be able to experience emotion even without sympathetic nervous system arousal.
  - A) Cannon-Bard theory
  - B) James-Lange theory
  - C) two-factor theory
  - D) catharsis hypothesis
  - E) adaptation-level principle

5. According to the Cannon-Bard theory, the body's arousal is related to the sympathetic nervous system in the same way that subjective awareness of emotion is related to the
- A) cortex.
  - B) hypothalamus.
  - C) thalamus.
  - D) parasympathetic nervous system.
  - E) amygdala.
6. The two-factor theory of emotion places more emphasis on the importance of \_\_\_\_\_ than do other theories of emotion.
- A) cognitive activity
  - B) well-being
  - C) physiological arousal
  - D) catharsis
  - E) overt behavior
7. Which theory would be most threatened by evidence that highly similar patterns of physiological activity are associated with uniquely different emotional states?
- A) two-factor theory
  - B) Cannon-Bard theory
  - C) catharsis theory
  - D) James-Lange theory
  - E) adaptation-level phenomenon
8. An inexperienced pilot prepares for an emergency landing after her single-engine plane loses power. Her emotional arousal is likely to be accompanied by
- A) decreased respiration.
  - B) pupil constriction.
  - C) increased blood sugar levels.
  - D) increased salivation.
  - E) decreased perspiration.
9. Which of the following best describes task performance?
- A) It is best when physiological arousal is moderate.
  - B) It is worst when physiological arousal is moderate.
  - C) It is best when physiological arousal is low.
  - D) It is best when physiological arousal is high.
  - E) It is mediocre when physiological arousal is moderate.

10. Which of the following is LEAST likely to occur when you are evacuated from a building that is on fire?
- A) pupils dilate
  - B) digestion is inhibited
  - C) adrenal glands produce noradrenaline
  - D) respiration increases
  - E) heart rate slows
11. The emotions of anger and fear involve similar
- A) subjective thoughts and experiences.
  - B) patterns of autonomic arousal.
  - C) facial expressions.
  - D) patterns of brain activity.
  - E) cultural expectations.
12. Which theory would be considered plausible by evidence that different emotional states have real physiological differences?
- A) two-factor theory
  - B) Cannon-Bard theory
  - C) catharsis theory
  - D) James-Lange theory
  - E) adaptation-level theory
13. In one experiment, college men were injected with epinephrine before spending time with either a joyful or an irritated person. The results of this experiment support the idea that
- A) some emotions can be experienced apart from cognition.
  - B) there are subtle but distinct physiological differences among the emotions.
  - C) our experience of emotion depends on how we interpret the body's arousal.
  - D) happiness is largely a function of experience.
  - E) activation of the sympathetic nervous system alone does not influence emotion.
14. Rapid fear reactions to sensory input in the absence of conscious thought are possible because certain neural pathways bypass the
- A) hypothalamus.
  - B) amygdala.
  - C) thalamus.
  - D) prefrontal cortex.
  - E) corpus callosum.

15. Couples who are passionately in love most frequently communicate intimacy by means of
- A) averted glances.
  - B) contraction of the pupils.
  - C) winking.
  - D) prolonged eye-gazing.
  - E) raising just the inner parts of the eyebrows.
16. The most universally understood way of expressing emotion is through
- A) hand gestures.
  - B) body postures.
  - C) facial expressions.
  - D) tone of voice.
  - E) music and dance.
17. North Americans are more likely than Japanese citizens to display their feelings openly. This cultural difference best reflects the American culture's greater emphasis on
- A) communication.
  - B) role-playing.
  - C) individuality.
  - D) the spillover effect.
  - E) relative deprivation.
18. Patients reportedly feel less depressed following between-the-eyebrows Botox injections that immobilize their frown muscles. This best illustrates the
- A) feel-good, do-good phenomenon.
  - B) adaptation-level phenomenon.
  - C) spillover effect.
  - D) facial feedback effect.
  - E) relative-deprivation effect.
19. Anger is to rage as fear is to
- A) guilt.
  - B) shame.
  - C) pain.
  - D) disgust.
  - E) terror.

20. Carroll Izard has suggested that love is a mixture of interest-excitement and
- A) pride.
  - B) surprise.
  - C) fear.
  - D) joy.
  - E) curiosity.
21. Research suggests that monkeys reared in the wild fear snakes because they
- A) are biologically predisposed to fear nearly all primitive forms of life.
  - B) have a particularly strong nervous system reaction to snake bites.
  - C) have encountered snakes near dead monkeys.
  - D) have observed other monkeys' fearful reactions to snakes.
  - E) frequently compete with snakes for control of territory and natural resources.
22. Charles Darwin's suggestion that violent gestures increase one's anger is most inconsistent with the
- A) James-Lange theory.
  - B) adaptation-level phenomenon.
  - C) catharsis hypothesis.
  - D) relative deprivation principle.
  - E) facial feedback theory.
23. The term *catharsis* refers to emotional
- A) disturbance.
  - B) inhibition.
  - C) release.
  - D) adaptation.
  - E) stress.
24. Well-being refers to
- A) empathy.
  - B) relative deprivation.
  - C) self-perceived happiness.
  - D) physiological arousal.
  - E) stress adaptation.

25. People's positive emotions typically \_\_\_\_\_ between the early and middle hours of the day and typically \_\_\_\_\_ between the middle and late hours of the day.
- A) remain stable; rise
  - B) rise; remain stable
  - C) rise; fall
  - D) remain stable; fall
  - E) fall; rise
26. During the last four decades, the buying power of Americans has \_\_\_\_\_ and their self-reported personal happiness has \_\_\_\_\_.
- A) remained almost unchanged; decreased
  - B) increased; remained almost unchanged
  - C) remained almost unchanged; increased
  - D) remained almost unchanged; remained almost unchanged
  - E) decreased; decreased
27. During World War II, promotion rates in the U.S. Air Corps were so rapid for the group as a whole that many individual soldiers in this military branch were unhappy about the speed at which they were promoted. Their unhappiness is best explained in terms of the
- A) James-Lange theory.
  - B) adaptation-level phenomenon.
  - C) relative deprivation principle.
  - D) two-factor theory.
  - E) catharsis hypothesis.
28. Winston has a very negative academic self-concept because he attends a school where most of his classmates are more academically advanced than he is. Winston's experience best illustrates the
- A) adaptation-level phenomenon.
  - B) two-factor theory.
  - C) catharsis hypothesis.
  - D) relative deprivation principle.
  - E) James-Lange theory.
29. After watching a movie in which a female character is being followed by a man in a dark alley, McKenzie kept looking over her shoulder at passersby as she walked to her car. This experience best illustrates
- A) the exhaustion stage of the general adaptation syndrome.
  - B) how daily hassles can lead to stress.
  - C) that stress arises from both the events and our cognitive appraisal of them.
  - D) Type A personalities.
  - E) how many nonverbal expressions are universally understood.

30. The text defines *stress* as
- A) the experience of conflicting motives that produce anxiety and tension.
  - B) the method in which we argue with loved ones.
  - C) the blocking of an attempt to reach some important goal.
  - D) physical, emotional, or mental exhaustion.
  - E) the process by which we perceive and respond to environmental threats and challenges.
31. In the 1920s, Walter Cannon discovered that stress produced an outpouring of \_\_\_\_\_ into the bloodstream.
- A) epinephrine and norepinephrine
  - B) acetylcholine and endorphins
  - C) lymphocytes and glucocorticoids
  - D) estrogen and testosterone
  - E) serotonin and dopamine
32. Hans Selye referred to the body's response to stress as
- A) the fight-or-flight response.
  - B) the general adaptation syndrome.
  - C) the tend-and-befriend response.
  - D) the adaptation-level phenomenon.
  - E) the two-factor process.
33. The fight-or-flight response is to \_\_\_\_\_ as the general adaptation syndrome is to \_\_\_\_\_.
- A) Walter Cannon; Meyer Friedman
  - B) Meyer Friedman; Hans Selye
  - C) Hans Selye; Walter Cannon
  - D) Walter Cannon; Hans Selye
  - E) William James; Walter Cannon
34. Resistance to stress is greatest during \_\_\_\_\_ of the general adaptation syndrome.
- A) Phase 1
  - B) Phase 2
  - C) Phase 3
  - D) Phase 4
  - E) Phase 5

35. Margo never enjoys spring break because at the end of every finals week she catches a bad cold. Margo is most likely in which stage of the general adaptation syndrome?
- A) adjustment
  - B) alarm
  - C) resistance
  - D) resolution
  - E) exhaustion
36. At which stage of the general adaptation syndrome are you most likely to experience illness?
- A) refractory
  - B) alarm
  - C) adjustment
  - D) resistance
  - E) exhaustion
37. Who is the best example of a Type A personality?
- A) Mara, an irritable, impatient teacher
  - B) Rashida, a highly intelligent, introverted librarian
  - C) Wilma, a friendly, altruistic social worker
  - D) Charisse, a fun-loving, self-indulgent university student
  - E) Dave, a very successful race car driver
38. Who is the best example of a Type B personality?
- A) George, a self-confident, time-conscious mail carrier
  - B) Wang Lung, a relaxed, easygoing dentist
  - C) Henry, an irritable, impatient high school teacher
  - D) Stasio, a fun-loving, hard-driving corporation president
  - E) Quentin, the competitive social worker
39. A psychophysiological illness is
- A) any physical illness that produces a psychological disorder.
  - B) a stress-related physical illness such as hypertension.
  - C) a disease of the central nervous system.
  - D) any psychological disorder that has a genetic component.
  - E) a chronic immune system disease that produces psychological effects.

40. The study of how psychological, neural, and endocrine processes combine to affect our immune system and health is called
- A) evolutionary psychology.
  - B) biofeedback.
  - C) cognitive psychology.
  - D) psychoneuroimmunology.
  - E) psychopharmacological.
41. AIDS is a disorder of the
- A) circulatory system.
  - B) immune system.
  - C) reproductive system.
  - D) endocrine system.
  - E) respiratory system.
42. The secretion of stress hormones
- A) decreases high blood pressure.
  - B) diverts bloodflow from muscle tissue to the body's internal organs.
  - C) prevents arteries from clogging.
  - D) draws energy away from immune activity.
  - E) lessens psychophysiological responses.
43. Which of the following best describes the effects of prolonged periods of stress on the immune system?
- A) Immune system function is improved because prolonged sympathetic nervous system responses make us more reactive to our environment.
  - B) Research has shown no conclusive link between stress levels and immune system function.
  - C) Prolonged stress negatively affects the immune system in only one way—by decreasing the ability of our immune cells to fight infection.
  - D) Chronic stress can affect the immune system either by impairing its function or by causing it to attack the body's own tissues.
  - E) Stress hormones destroy the lymphocytes of the immune system, causing illness.
44. Despite the very stressful events in his life, Mark has been able to maintain good health. This is because of his persistent optimism and the emotional support of his family. An integrated understanding of Mark's well-being is most clearly provided by
- A) complementary and alternative medicine.
  - B) a biopsychosocial approach.
  - C) the relative deprivation principle.
  - D) the general adaptation syndrome.
  - E) the feel-good, do-good phenomenon.

45. In their classic nine-year study, Friedman and Rosenman reported that, compared with Type A men, Type B men were
- A) more susceptible to hypertension.
  - B) less susceptible to stomach ulcers.
  - C) more susceptible to heart attacks.
  - D) less susceptible to heart attacks.
  - E) more susceptible to infections.

## Answer Key

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

45. D