Chapter 1 Assignment –Part 1

Careers in Psychology
1. Which of the following psychological professionals must always have a medical degree?
   a. psychologist
   b. psychiatric social worker
   c. psychiatrist
   d. psychoanalyst

Identifying the Goals of Psychology
Which goal of Psychology (describe, explain, predict or control) is being met by each of these studies?
1. Researchers have recently identified a gene that predisposes certain individuals to become obese because their satiety mechanism doesn’t “turn on.”
2. Some developmental psychologists believe that a much larger number of playground accidents will occur this year among young children who watch Batman or Power Rangers.
3. Comprehensive sex education should be required in all high schools because studies demonstrate that such education has reduced the teenage pregnancy rate.
4. Surveys show that women who graduate from college earn as much money per year as men who graduate from high school.

Perspectives in Psychology-Review and Study
1. Wundt referred to the process of examining and measuring one's own thoughts and mental activities as:
   a. dualism.
   b. objective introspection.
   c. focus of control.
   d. evolutionary consciousness.
2. The psychological perspective that is associated with William James is:
   a. functionalism.
   b. structuralism.
   c. conflict.
   d. psychoanalysis.
3. ________ focuses on how people think, remember, store, and use information.
   a. Cognitive psychology
   b. Behaviorism
   c. Objective introspection
   d. Structuralism
4. What did Watson believe about behavior?
   a. that it stems from unconscious motivation
   b. that it is learned
   c. that it is related to repressed conflict
   d. that it and personality form in the first 6 years of life
5. Mary is a psychologist who focuses on the role of the conscious and unconscious minds. To which perspective does Mary ascribe?
   a. cognitive
   b. humanistic
   c. psychodynamic
   d. behavioral

6. Which psychological perspective typically focuses on traits advantageous to survival?
   a. Evolutionary
   b. Humanistic
   c. Behavioral
   d. Cognitive

7. Of the seven psychological perspectives, which would most likely consider brain functions when assessing a patient?
   a. Neuroscience
   b. Behavioral
   c. Psychodynamic
   d. Cognitive

8. The humanistic psychological perspective focuses on behavior that results from ____________.
   a. free will and self-actualization
   b. cultural pressures
   c. natural selection
   d. decision making

Schools of Thought Exercise

Classify each of the following explanations of depression as representative of (a) behaviorism, (b) psychoanalysis, (c) humanistic psychology, or (d) cognitive psychology.

1. Depression is the result of faulty thinking. Once people get the idea that bad things are going to happen to them, they focus most of their attention on bad things that have happened in the past or those they believe will happen in the future. This kind of thinking elicits the negative emotions associated with depression. Depressed people may even interpret good things, like success in school, in a negative way. They may say "I got lucky," when they receive a good grade on an exam or essay.

2. People feel depressed because of the way others respond to them when they express sad feelings. They get attention, and to keep the attention, they continue to behave in a depressed way. Alternatively, aversive stimuli are universally associated with unpleasant emotions such as sadness. Thus, depressed people may feel sad because they are exposed to aversive stimuli such as abuse. The factors influencing each individual's behavior must be systematically analyzed in order to determine what must change in each case.

3. Depression comes from a lack of confidence in one's own inner self. Depressed people question themselves or feel guilty about thoughts, feelings, and desires they have that they believe may disappoint others. As a result, they spend a great deal of time and energy trying to live up to others' expectations. To be free of depression, each individual must learn to listen to his or her inner voice and to follow a self-determined path rather than trying to conform to the expectations of others.

4. Depression grows out of emotions, conflicts, and unpleasant experiences that are buried in the unconscious mind. Perhaps a depressed person was abused as a child and has repressed the experience because thinking about it makes her angry with the abuser. If the abuser was a parent, then the person may feel guilty about the anger. To avoid the unpleasant feelings of anger and guilt, the individual "forgets" about the experience. But pushing things down into the unconscious is a temporary solution; sooner or later, the negative emotions will come out. This is what is happening in depression; hidden negative feelings of some kind are being exhibited as sadness.
Chapter 1 Assignment – Part 2: Research Methods in Psychology

1. Because psychologists want to be precise and measure as carefully as they can, they use ________ to study psychology.
   a. mental processes
   b. the scientific method
   c. introspection
   d. functionalism and structuralism

2. A researcher wants to describe children's normal behavior on the playground. The best method for this research is to use
   a. a case study.
   b. naturalistic observation.
   c. a survey.
   d. an experiment.

Understanding Correlations

Correlational studies show relationships between variables. If high scores on one variable predict high scores on the other variable, the correlation is positive. If high scores on one variable predict low scores on the other variable, the correlation is negative.

![Diagram of positive and negative correlations]

Showing that two variables are related does not justify claiming that a causal relationship exists. There may be a causal relationship, but other explanations usually exist. For example, the variables may be related because both have a causal relationship with a third variable, variable C.

1. If a correlation coefficient is positive:
   a. the two variables increase in the same direction.
   b. the two variables have an inverse relationship.
   c. only one of the variables goes up.
   d. the number is represented by the letter p.

2. Correlation will tell researchers all of the following EXCEPT ________ between variables.
   a. if there is causation
   b. if there is a relationship
   c. how strong the relationship is
   d. in what direction the relationship goes

3. In a negative correlation:
   a. the two variables have an inverse relationship.
   b. there is no relationship between the variables.
   c. a strong correlation is close to +1.00.
   d. the variables increase in the same direction.
Correlations Practice

For each of the correlational studies described below, decide whether the correlation is positive or negative and give an alternative explanations for each finding. In other words, if the one variable didn’t cause the other, what OTHER Variable (Variable C) could have caused them both? THINK…

1. A study of married couples showed that the longer they had been married, the more similar their opinions on social and political issues were. Positive or negative?
   Alternate Explanation :

2. An intelligence test was given to all the children in an orphanage. The results showed that the longer children had lived in the orphanage, the lower their IQ scores. Positive or negative?
   Alternate Explanation :

3. A college professor found that the more class absences students have, the lower their grade in the course tends to be. Positive or negative?
   Alternate Explanation :

4. It was found that elementary-school children who made high scores on a vocabulary test also tended to make high scores on a test of physical strength and muscular coordination. Positive or negative?
   Alternate Explanation :

Identifying Independent and Dependent Variables

Define: Independent Variable: IV = _________________________________________________

Define: Dependent Variable: DV= __________________________________________________

Define: Experimental Group: ______________________________________________________

Define: Control Group = __________________________________________________________

Name the IV, DV, control group & experimental group for each scenario.

1. A researcher is interested in how the activity level of 4 year olds is affected by viewing a 30 minute video of Teenage Mutant Ninja Turtles or a 30 minute video of Barney.
   IV: ________________________  DV: _______________________
   Experimental Group: _________________ Control Group: _____________________________

2. A therapist wants to test a new drug designed to increase the ability of teenagers with ADHD to take accurate notes in class.
   IV: _______________  DV: _______________
   Experimental Group: _______________ Control Group: _____________________________

3. A bio-psychologist wants to know whether exposure to testosterone in adult female rats increases their aggressive behavior.
   IV: _______________  DV: _______________
   Experimental Group: _______________ Control Group: _____________________________

4. An industrial psychologist believes that cooling the room temperature may have an impact on productivity of workers on the assembly line.
   IV: _______________  DV: _______________
   Experimental Group: _______________ Control Group: _____________________________

Review Questions: Experiments & Ethics

5. Mrs. Lewis participated in a study in which she was given no treatment for her condition. Mrs. Lewis was in the ________ group.
   a. observed
   b. experimental
   c. hazard
   d. control

6. In an experiment, it is best to divide participants into the control or experimental group by:
   a. studying each participant’s personality.
   b. using random assignment.
   c. surveying the participants first.
   d. determining the participants’ familiarity with the study.
7. An institutional review board reviews:
   a. a study’s hypothesis for feasibility.
   b. a study’s safety and consideration for the research participants.
   c. a study’s proper use of the scientific method.
   d. double-blind studies only.

8. If deception is necessary, participants must then be _________ after the study.
   a. apologized to
   b. paid
   c. escorted from the facility
   d. debriefed

9. What is the difference between the control group and experimental group in a research study?

10. What is random assignment?

11. Describe the eight common ethical guidelines for conducting research.

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**Apply your Knowledge: Name That Research Method**

Here are the major research methods used by psychologists. Match each with one of the following examples of research.

   a. case history
   b. naturalistic observation
   c. laboratory observation
   d. survey
   e. experiment

1. Frank is a full professor who is interested in the factors that affect the performance of rats who are learning to find their way through a complex maze. Every afternoon he gives each of his 50 rats ten trials in the maze, counting the number of wrong turns each rat makes on its way through the maze.

2. Ben is counseling with Fennimore Jones in a small room in the neuropsychiatric hospital. Ben is a graduate student in clinical psychology and Fennimore is his client. Fennimore was admitted to the neuropsychiatric hospital when he came to the student health clinic complaining that he hears voices shouting obscenities at him, and confiding that he thinks he is going through a spontaneous sex change. After each session with Fennimore, Ben writes a report describing Fennimore’s verbal and nonverbal behavior and his interpretations of the behavior.

3. Ada is testing the hypothesis that color preference can be influenced by associating a color with a pleasant experience, such as eating. This afternoon she is delivering a supply of red, yellow, blue, green, and white nursing bottles to the mothers of newborns who have consented to let their infants be subjects in her research.

4. Dee is an assistant professor who will teach introductory psychology for the first time next term. She has chosen some films to show to her class of more than 200 students, and is now preparing a questionnaire to administer to her students after each film. She thinks getting student reactions to the films will be helpful next time she teaches the class.

5. Ed is an undergraduate psychology major. For his senior thesis he is investigating the nature of the audience for pornography. This afternoon he is sitting in his car across the street from one of the pornographic bookstores in the area. He is taking notes on the sex, approximate age, and ethnicity of the patrons as they enter and leave the store.