

AP Ch. 8 Web Quiz

1. According to _____ theories of motivation, behavior is motivated by the desire to reduce internal tension caused by unmet biological needs.
 - A) incentive
 - B) drive
 - C) humanistic
 - D) instinct

2. Which of the following increases the sensitivity of the stomach's stretch receptors and promotes satiation?
 - A) the hormone insulin
 - B) the hormone ghrelin
 - C) the neurotransmitter dopamine
 - D) the hormone cholecystokinin (CCK)

3. The hormone leptin:
 - A) is associated with increased food intake when brain levels of the chemical increase.
 - B) creates a positive energy balance when blood levels of the chemical decrease, which, in turn, triggers eating behavior.
 - C) is secreted by adipose tissue that signals the hypothalamus, regulating hunger and eating behavior.
 - D) is also called the "hunger hormone" because its presence in the cells lining the stomach strongly stimulates appetite.

4. Which of the following statements is FALSE?
 - A) On average, women have a basal metabolic rate that is about 3 to 5 percent lower than men's basal metabolic rate.
 - B) Getting only about 5 hours of sleep a night is an effective strategy for reducing appetite and losing weight.
 - C) When people who are obese restrict their caloric intake, their basal metabolic rate decreases.
 - D) An adult would be considered seriously underweight if he or she had a BMI of 17.

5. According to Maslow's theory of motivation:
 - A) optimal human functioning can occur only if the psychological needs of autonomy, competence, and relatedness are satisfied.
 - B) only a few exceptional individuals ever achieve self-actualization.
 - C) all people are motivated by an inborn tendency to strive for self-actualization.
 - D) a small percentage of self-actualized people experience *peak experiences*, or moments of intense ecstasy, wonder, and awe.

6. In collectivistic cultures, achievement motivation tends to reflect:
- A) individual goals.
 - B) an urge to control or influence the behavior of other people or groups.
 - C) increasing the success or status of one's family or group.
 - D) the quest for personal self-efficacy.
7. Rats with a damaged amygdala:
- A) cannot acquire a classically conditioned fear response.
 - B) overproduce leptin and become extremely lean, despite eating several times their normal amount of calories daily.
 - C) are more easily classically conditioned to fear-inducing stimuli than rats with intact brains.
 - D) display the characteristics of starving animals, have voracious appetites, and have five times the amount of body fat as normal rats.
8. Milton claims that his dog Moxie is a real clown and that his antics and fooling around are always aimed at getting a laugh. He says Moxie has a great sense of humor. Milton appears to be attributing human traits and emotions to his dog, a phenomenon called:
- A) interpersonal engagement.
 - B) anthropomorphism.
 - C) self-efficacy.
 - D) emotional intelligence.
9. According to the _____ theory of emotion, your subjective emotional experience is the direct result of physical changes in your body.
- A) James-Lange
 - B) cognitive-appraisal
 - C) self-determination
 - D) Schachter-Singer two-factor
10. Glucose is:
- A) the hormone produced by fat cells that signals the hypothalamus to regulate hunger and eating behavior.
 - B) the neurotransmitter that promotes satiation and produces feelings of fullness as you eat.
 - C) also called the "hunger hormone" because its presence in the lining of the stomach strongly stimulates appetite.
 - D) also called blood sugar and is the primary source of energy in your body.

11. High blood levels of the hormone ghrelin:
- A) cause negative energy balance and loss of weight.
 - B) stimulate appetite and eating behavior.
 - C) cause a loss of appetite and suppression of normal eating behavior.
 - D) increase the sensitivity of stomach receptors, promote satiation, and reduce or stop eating behavior.
12. Cholecystokinin is:
- A) a hormone that strongly stimulates appetite.
 - B) a neurotransmitter that promotes the production of growth hormone by the pituitary gland.
 - C) both a hormone and a neurotransmitter that increases the sensitivity of stretch receptors in the stomach, promotes satiation, and reduces or stops eating behavior.
 - D) a neurotransmitter manufactured throughout the brain that triggers eating behavior.
13. Karen has a BMI of 28, which means that she is:
- A) underweight.
 - B) in the healthy weight range.
 - C) overweight, but not obese.
 - D) obese.
14. It was _____ who wrote, "It is quite true that man lives by bread alone—where there is no bread. But what happens to man's desires when there is plenty of bread and when his belly is chronically filled? At once other (and "higher") needs emerge and these, rather than physiological hungers, dominate the organism. And when these in turn are satisfied, again new (and still "higher") needs emerge, and so on. That is what we mean by saying that the basic human needs are organized into a hierarchy of relative prepotency."
- A) William James
 - B) Paul Ekman
 - C) Abraham Maslow
 - D) Charles Darwin
15. Psychologists define the term _____ as a complex psychological state that involves subjective experience, a physiological response, and a behavioral or expressive response.
- A) motivation
 - B) emotion
 - C) self-efficacy
 - D) anthropomorphism

Answer Key

1. B
2. D
3. C
4. B
5. C
6. C
7. A
8. B
9. A
10. D
11. B
12. C
13. C
14. C
15. B