Motivation and Emotion

1. A professional tennis player is likely to play at his best when his level of arousal is

A. low
B. moderately low
C. moderately high
D. high

2. A study found that patients who had lesions to the ventromedial prefrontal cortex had impaired emotional experiences, but unaffected autonomic responses while patients with lesions to the right somatosensory cortex had impaired autonomic responses without affected emotional experiences. To which theory of emotion do these results pose the most direct challenge?

A. James-Lange theory
B. Cannon-Bard theory
C. Opponent-Process theory
D. Cognitive-Appraisal theory

3. When she was eight years old, Madelaine loved to play around on the family piano. Her parents were excited and supportive so they lavished praise on Madelaine. They arranged for a teacher and set up a treat jar to reward practice hours. After one year, however, they stopped giving so much praise and neglected rewarding with treats. Madelaine found herself no longer interested in playing piano. This pattern of behavior best illustrates

A. internal locus of control
B. drive reduction
C. the overjustification effect
D. approach-avoidance

4. According to drive reduction theory, which of the following is an example of a secondary drive?

A. social approval
B. need for warmth
C. hunger
D. thirst

5. The circumventricular organs, median preoptic nucleus, and tissue surrounding the anteroventral third ventricle in the lamina terminalis (AV3V region) provide the neuroanatomic focus for thirst, sodium appetite, and cardiovascular control, making extensive connections with the hypothalamus, limbic system, and brain stem. The AV3V region is well provided with receptors that respond to

A. cholecystokinin
B. insulin
C. angiotension II
D. acetylcholine

6 When a person undergoes great emotional stress over a long period of time, the general adaptation syndrome describes three successive physical stages: alarm, resistance, and _____.

A. adaptation
B. avoidance
C. exhaustion
D. reinforcement

7. Study participants, told they were being injected with a new drug to test eyesight, were actually injected with epinephrine or a placebo. The participants who received epinephrine were subdivided into 3 groups. Group 1 was told nothing about side effects. Group 2 was told that they they would probably feel numbness in their feet and an itching sensation over parts of their body. Group 3 was told that their hands would shake, their heart would pound, and their face may get warm and flushed. After the injections the participants were told to wait in pairs. They did not know that they had been paired with a confederate of the researchers. Interacting with the subjects, the confederate acted either euphoric or angry. Researchers observed the interactions through a two-way mirror.

The researchers observed that the participants in groups 1 and 2 tended to imitate the behaviors of the confederates while the participants in group 3 were uninfluended by the behavior of the confederates. Participants in the placebo group were not strongly influenced by the behavior of the confederates. Which of the following may be concluded from the results of this experiment?

I. A state of arousal with no immediate explanation will be labeled in terms of available cognitions.
II. A state of arousal with an appropriate explanation is not likely to be labeled in terms of the alternative available cognitions.
III. Emotional reactions and experiences are more likely to occur if a person is in a state of physiological arousal.
IV. Physiological changes and emotional response to a stimulus are separate and independent

A. IV only
B. I and II
C. I, II and III
D. I, II, III and IV

8. In which theory of emotion do physiological states and emotional states occur simultaneously?

A. Cannon-Bard
B. Schachter-Singer
C. James-Lange
D. Miller

9. Researchers have confirmed correlation between level of adiposity in rats and lesion of the ventromedial hypothalamus. Lesions in this area cause the rats feeding behavior to be unresponsive to increased levels of which hormone?

A. leptin
B. ghrelin
C. insulin
D. gastrin

10. Lesions to the lateral hypothalamus are most likely to result in

A. aphagia
B. excessive feeding behavior
C. hypertension
D. increased sexual behavior

11. Among the following behaviors, a drive reduction theorist would have the greatest difficulty explaining

A. overeating
B. thrill-seeking
C. financial investing
D. pursuit of social acceptance

12. You stumble upon a bear in the woods. Your heart is beating like crazy. You are taking quick, shallow breaths and sweating. To William James, the physiological response is interpreted as the emotion of fear. A two-factor theorist such as Schachter would reply

A. The fear emotion is inseparable from the repressed relief emotion when the bear moves on.
B. The combination of the physiological response and the cognitive appraisal of the bear produces the fear emotion.
C. Fear of the bear could be experienced even if the body did not have a physiological reaction.
D. Cognitive appraisal of the bear preceeds the physiological response. It's the thought that leads to the simultaneous experience of the physiological response and the fear emotion.

13. For the past year Morris has been commuting back and forth to work through crazy traffic. His job is very demanding, and his relationship with his supervisor is toxic. His company is in crisis. The market they serve is declining, and Morris is concerned that his skills are becoming obsolete. Morris is starting to experience gastrointestinal and cardiovascular symptoms. In terms of general adaptation syndrome, which of the answer choices below best characterizes Morris' state?

A. alarm
B. resistance
C. exhaustion
D. decompensation

14. Phyllis was tested and scored high on the Holmes and Rahe social readjustment rating scale? Phyllis is likely to have a high level of

A. stress
B. self-actualization
C. emotional intelligence
D. social anxiety

15. Motivation as a desire to perform an action is usually defined as having two parts, directional such as directed towards a positive stimulus or away from a negative one, as well as the activated "seeking phase" and consummatory "liking phase". This type of motivation has neurobiological roots in the _____ and mesolimbic dopaminergic pathways.

A. hypothalamus
B. pontine brainstem
C. amygdala
D. basal ganglia

16. Students are likely to be extrinsically motivated if they

A. perform an activity in order to attain a desired outcome
B. are interested in mastering a topic, not just in achieving good grades
C. attribute their educational results to factors under their own control
D. are driven by an interest or enjoyment in the task itself

17. Which of the following scenarios describe a dynamic consistent with the overjustification effect?

I. Children who were rewarded with a gold star for drawing pictures spent less time playing with the drawing materials in subsequent observations.
II. Third graders who were rewarded with a book showed more reading behavior in the future.
III. Mild threats against playing with an attractive toy actually served to increase the child's interest in the toy
IV. A monetary reward did not increase motivation to engage in a task.

A. I only
B. I and III
C. I, II and III
D. I, II, III and IV

18. Reading *Écrits* by Jacques Lacan induced in Cornelius an intense form of mental concentration where throughout the day all of his conscious thoughts were directed to interpreting and understanding the work. Finals week was approaching, and Cornelius was beginning to sense himself side-tracking away from important tasks. Which of the following best describes Cornelius' state of mind?

A. flow
B. hyperfocus
C. perseveration
D. stereotypy

19. Within the context of behaviorism, the drive theory of motivation is based on the mechanism of

A. negative reinforcement
B. positive reinforcement
C. negative punishment
D. positive punishment

20. A recent hybrid of the somatic and cognitive theories of emotion is the perceptual theory. It emphasizes the meaningfulness of emotions as is recognized by cognitive theories. The novel claim of this theory is that conceptually-based cognition is unnecessary for such meaning. Rather the bodily changes themselves perceive the meaningful content of the emotion in being causally triggered by certain situations. In this respect, emotions are held to be analogous to faculties such as vision or touch, which provide information about the relation between the subject and the world in various ways. In arguing that bodily responses are central to emotions, this theory is

A. psychoanalytic
B. neo-Jamesian
C. communication based
D. internally valid

21. When people see a snake, they are likely to activate both affective information and non-affective information about its ontological category. According to the Affective Primacy Hypothesis, the affective information has priority, and its activation precedes identification of the ontological category. According to the Cognitive Primacy Hypothesis, perceivers must know what they are looking at before they can make an affective judgment about it. However, it has been hypothesized that the relative speed with which affective and non-affective information gets activated depends upon the contexts in which stimuli are processed. In other words.

A. Emotional arousal and cognitive labeling occur simultaneously.
B. Physiological arousal occurs but then must be cognitively labeled before the emotion is processed.
C. Physiological arousal may occur first or cognitive labeling may occur first.
D. Physiological arousal instigates the experience of emotion.

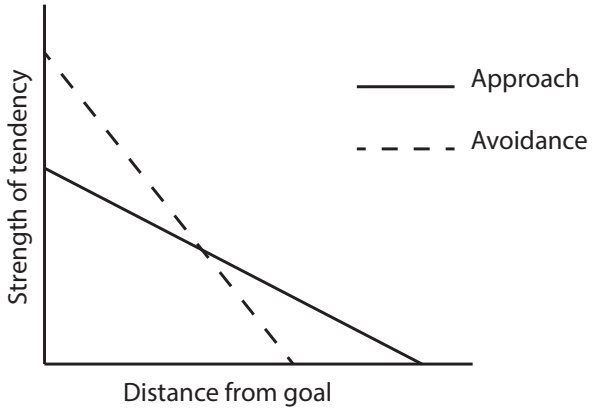
22. When describing an emotion, the valence of the emotion refers to

A. whether the emotion is classified as a positive affect or a negative affect
B. the intensity of the corresponding state of physiological arousal
C. the intrinsic attractiveness or averseness of an event, object, or situation
D. the degree of conflict between approach and avoidance

23. Ghrelin induced hyperphagia is thought to be mediated by the

A. ventromedial hypothalamus
B. hippocampus
C. substantia nigra
D. lateral hypothalamus

24. The strength of a rat's pull toward a food goal as well as the strength of pull away from the location where the rat had received a shock were measured by placing rats in a harness attached to a leash and measuring the force of pull against a spring. In the figure below depicts typical approach and avoidance gradients.



The point at which the two lines cross represents

I. the point at which the rat would stop
II. equal relative strengths of approach and avoidance
III. equilibrium
IV. double approach-avoidance

A. I only
B. I and III
C. I, II and III
D. I, II, III and IV

25. Which of the following describes a stable equilibrium in which a movement away from one activity is countered by an increase in the repellence of the other activity so that the individual returns to the point where she was at the beginning of the conflict?

A. approach-approach
B. approach-avoidance
C. avoidance-avoidance
D. double approach-avoidance

26. Which of the following types of conflict between incompatible motives may produce an unstable equilibrium?

A. approach-approach
B. approach-avoidance
C. avoidance-avoidance
D. double approach-avoidance

27. A study showed that Japanese individuals tended to express strong positive or negative emotions far less than either American or Canadian individuals. This is an example of

A. conditioned inhibition of affective arousal
B. a culture-bound syndrome
C. facial feedback
D. different display rules

28. The limbic system supports a variety of functions including

I. emotion
II. long-term memory
III. olfaction
IV. motivation

A. I only
B. I and III
C. I, II and III
D. I, II, III and IV

29. fMRI tasks were included in a study involving first impressions of CEOs. It was demonstrated that while the amygdala did play a role in the evaluation of trustworthiness, the amygdala also played a generalized role in the overall evaluation of the first impression of faces, solidifying evidence that the amygdala plays a role in

A. social processing
B. episodic memory
C. attentional processing
D. emotional processing

30. A survey asked participants of varying ages to rate a set number of statements from most important to least important. The researchers found that children had higher physical need scores than the other groups, the love need emerged as most important from childhood to young adulthood, the esteem need was highest ranked among the adolescent group, young adults had the highest self-actualization level, and elderly people gave the highest rank to security. These results suggest Maslow's hierarchy may be limited

A. in failing to differentiate the social and intellectual needs of those raised in different cultural circumstances
B. in that the needs of acceptance and community might outweigh the needs for freedom and individuality
C. as a theory for developmental sequence
D. in neglecting the emotional, familial, and evolutionary implications of physiological needs within the community

31. Electrical stimulation of the ventromedial hypothalamus of a rat will cause it to

A. stop eating
B. start eating
C. stop drinking
D. start drinking

32. Lack of sleep increases ghrelin and decreases leptin. This may underly the correlation of chronic sleep-restriction and

A. poor memory
B. obesity
C. nutritional stunting
D. poor impulse control

33. Because memory constructs are often linked to affective states, affect can influence social behaviors by selectively causing certain memory constructs to become more accessible and easily retrieved from memory. This represents a form of

A. priming
B. reinforcement
C. cognitive labeling
D. bottom-up processing

34. A brain injury patient experiences difficulty distinguishing emotions in facial expressions. Specifically, the facial expressions associated with fear, anger, and disgust seem indistinguishable to her. Of the following which is the most likely site of the lesion(s)?

A. amygdala
B. hippocampus
C. hypothalamus
D. cingulate gyrus

35. Misattribution of arousal is a term in psychology which describes the process whereby people make a mistake in assuming what is causing them to feel aroused. For example, when actually experiencing physiological responses related to fear, a person might encounter another and mislabel those responses as romantic arousal. The phenomenon of misattribution of arousal is most consistent with which of the following theories of emotion?

A. Cannon-Bard theory
B. Schachter-Singer theory
C. James-Lange theory
D. Appraisal theory

36. In which phase of the menstrual cycle is a woman's libido likely to be highest?

A. follicular phase
B. ovulatory phase
C. luteal phase
D. proliferative phase

37. The first step in a cognitive mood repair strategy is

A. evaluation of the feelings of dysphoria to better understand the source of the negative mood
B. re-evaluation of negative affect to find a positive perspective
C. regulation of moods by the utilization of activities or tasks
D. recall of mood-incongruent memories or positive thoughts

38. A study recruiting a test population of Japanese males found higher scores on the Toronto Alexithymia Scale among those with the 5-HTTLPR homozygous long (L) allele. The 5-HTTLPR region on the serotonin transporter gene influences the transcription of the seretonin transporter that removes serotonin from the synaptic cleft, and is well studied for its association with numerous psychiatric disorders. The particular apparent association of the 5-HTTLPR allele with alexithymia underscores the importance of serotonin in modulating processes involved in

A. reward-motivated behavior
B. alertness
C. emotional awareness
D. satiety

39. Tonya loves to watch videos of kittens playing on the internet. It's her favorite thing. The cute little kittens always make her feel happy! Where would we expect to see an increase in activation under fMRI while Tonya watches kitten videos?

A. left amygdala
B. hypothalamus
C. right cerebral hemisphere
D. left cerebral hemisphere

40. In 2000 Bailey, Dunne and Martin studied a sample of 4,901 Australian twins and reported a 20% concordance rate for homosexuality in male identical twins. In other words,

A. 20% of male identical twins in the study were homosexual.
B. For a male identical twin in the study, there was a 20% chance his twin reported the same sexual orientation.
C. According to this study, homosexuality is 20% determined by genetics and 80% determined by environment.
D. If one of the identical twins in the study reported as homosexual, the probability that the pair reported as homosexual was 20%.

41. Decreasing level in the blood signals the "fed" state with the hormone . . .

A. ghrelin
B. leptin
C. cholecystikinin
D. insulin

42. In 1978, Paul Ekman and Wallace Friesen finalized the Facial Action Coding System (FACS) to taxonomize every human facial expression. FACS is an anatomically based system for describing all observable facial movement for every emotion. Each observable component of facial movement is called an action unit or AU and all facial expressions can be decomposed into their constituent core AUs. What is the primary usefulness of this work within psychological research?

A. operationalization of nonverbal behavior
B. confirmation of the facial-feedback hypothesis
C. demonstration of cross-cultural display rules
D. evaluating truthfulness

43. Functional MRI experiments have revealed that the anterior insula in the brain is particularly active when experiencing disgust, when being exposed to offensive tastes, and when viewing facial expressions of disgust. This evidence supports the contention that

A. Fear is a primary emotion and disgust is a secondary emotion.
B. Disgust is a primary emotion and fear is a secondary emotion.
C. Disgust and fear are separate basic emotions.
D. The differences between the emotions of fear and disgust are not qualitative but rather involve a difference in valence and arousal level.

44. A state of psychological arousal that activates behavior and propels one towards a goal is a(n)

A. drive
B. emotion
C. motive
D. incentive

45. The fusiform face area (FFA) is a part of the human visual system that, it is speculated, is specialized for facial recognition. It is located in the fusiform gyrus (Brodmann area 37) There are countless facial expressions humans use that disturb the structure of the face. These disruptions and emotions are first processed in the amygdala and later transmitted to the FFA for facial recognition. This data is then used by the FFA to determine more static information about the face. Despite its downstream position in emotional processing, recent evidence demonstrates that the FFA has functions regarding emotion. The FFA is differentially activated by faces exhibiting different emotions. A study has determined that the FFA is activated more strongly by fearful faces than neutral faces.

According to the above passage, the position of the FFA downstream from the amygdala in the processing of facial expressions was taken as evidence that

A. The FFA has little to do with emotion perception.
B. The FFA plays a role in both emotion perception and other aspects in face perception.
C. Face perception is an ability that involves many areas of the brain.
D. The fusiform face area is necessary for successful face detection and identification.

46. In Robert Plutchik's psychoevolutionary theory of emotion . . .

A. The concept of emotion does not apply to all animals.
B. Different emotions do not have distinct physiological signatures.
C. Primary emotions can be conceptualized in terms of pairs of polar opposites.
D. There is a direct relation between dopamine, noradrenaline and serotonin levels and eight basic emotions.

47. Which theory of emotion holds that conscious experience of an event occurs prior to physiological arousal?

A. cognitive appraisal theory
B. James-Lange theory
C. two-factor theory
D. Cannon-Bard theory

48. Which of the following represents the application of Premack's principle for self-motivation?

A. To perform well in his first year at college, Joseph listed his main goals and broke them down into detailed, attainable subgoals.
B. At the gym, Phillip started with the more difficult exercises and the ones he disliked, and saved those that were more relaxing or enjoyable for the end of his workout.
C. The day she started her new job Angela wrote down what she perceived as her strengths and weaknesses to be better equipped to deal with problems and achieve her goals.
D. During the month Monica was finishing her dissertation she would only socialize with the people in her life who were positive and self-motivated.

49. In the fight-or-flight response, the adrenal medulla releases _____.

A. cortisol
B. catecholamines
C. neuropeptide Y
D. testosterone

50. A study was conducted in which 225 female students rated a series of common, domestic appliances, and then were allowed to choose one of two appliances as gifts to take home. A second round of ratings indicated that the participants increased their ratings of the domestic appliance they chose, and lowered their ratings of the appliances they rejected. Which theoretical paradigms below do these results best exemplify?

A. approach-avoidance
B. cognitive dissonance
C. Premack's principle
D. overjustification

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