1. During a state of emotional arousal, the adrenal glands release ________ into the bloodstream.
A) insulin
B) acetylcholine
C) norepinephrine
D) glucose
E) testosterone

2. Which brain structure has been found to be especially important in learning to fear specific objects?
A) hypothalamus
B) amygdala
C) corpus callosum
D) hippocampus
E) thalamus

3. 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.

4. The fact that facial expressions of emotion tend to intensify the experience of emotion serves to support the:
A) catharsis hypothesis.
B) Cannon-Bard theory.
C) James-Lange theory.
D) adaptation-level principle.
E) relative deprivation principle.

5. When students perceive the arousal that accompanies test-taking as energizing rather than debilitating, they experience much less anxiety. This is best understood in terms of the:
A) relative deprivation principle.
B) James-Lange theory.
C) adaptation-level principle.
D) catharsis hypothesis.
E) two-factor theory.

6. A therapist tells a patient who is afraid of elevators that his rapid breathing while on an elevator is not due to fear but is a natural consequence of too little oxygen in a small, enclosed space. With this new interpretation of his arousal, the patient no longer dreads elevators. The reduction in the patient's fear is best understood in terms of the:
A) adaptation-level phenomenon.
B) two-factor theory.
C) James-Lange theory.
D) catharsis hypothesis.
E) relative deprivation principle.

7. Boyd, a suspect in a criminal investigation, has agreed to take a lie detector test. The machine used in this test is most likely to measure his:
A) blood sugar levels.
B) pupil dilation.
C) hormone secretions.
D) perspiration levels.
E) eye movements.

8. Dr. Ligorano has devoted his professional life to researching the desires and needs that energize and direct behavior. His area of research has obviously been:
A) adaptation.
B) emotion.
C) cognition.
D) motivation.
E) behavior genetics.

9. Repeatedly saying the word "me" puts people in a better mood than repeatedly saying "you." This best illustrates the:
A) catharsis hypothesis.
B) feel-good, do-good phenomenon.
C) adaptation-level phenomenon.
D) facial feedback effect.
E) relative deprivation principle.

10. The polygraph measures the changes in ________ that accompany emotion.
A) blood sugar level
B) hormone secretions
C) pupil dilation
D) heart rate
E) facial expression
11. Researchers have found that people experience cartoons as more amusing while holding a pen with their teeth than while holding it with their lips. This finding best serves to support the:
A) relative deprivation principle.
B) Cannon-Bard theory.
C) adaptation-level principle.
D) James-Lange theory.
E) catharsis hypothesis.

12. It is characteristic of bears to hibernate. This behavior is an example of:
A) a refractory period.
B) an instinct.
C) homeostasis.
D) an incentive.
E) a drive.

13. Which of the following events would most likely cause an animal to overeat and become obese?
A) destruction of its ventromedial hypothalamus
B) lowering its set point
C) stimulation of its ventromedial hypothalamus
D) destruction of its lateral hypothalamus
E) daily injections of glucose

14. In a complete sexual response cycle:
A) the excitement phase immediately precedes orgasm.
B) orgasm immediately precedes the excitement phase.
C) the plateau phase immediately precedes orgasm.
D) the excitement phase immediately precedes the resolution phase.
E) the plateau phase immediately precedes the excitement phase.

15. For purposes of lie detection, investigators have most commonly made use of a(n):
A) electrocardiograph.
B) electroencephalograph.
C) myograph.
D) tomograph.
E) polygraph.

16. Mr. Hanson is strongly suspected of embezzling money from his employer. He has denied the allegation. To determine whether he is lying, investigators are most likely to ask Mr. Hanson to take a(n) __________ test.
A) electrocardiograph
B) electroencephalograph
C) polygraph
D) myograph
E) tomograph

17. Eva's boyfriend says he loves her, but she wants proof. In order to obtain the most trustworthy nonverbal signals of how he really feels, Eva should carefully observe:
A) his general body posture when he stands near her.
B) the way he holds her hand when they walk together.
C) how close he stands to her when they are talking.
D) his facial expressions when they spend time together.
E) the way he positions his legs when he sits near her.

18. The body's tendency to maintain a constant internal state is known as:
A) refractory period.
B) instinct.
C) flow.
D) homeostasis.
E) metabolism.

Answer Key - Unit8.StudyGuide
1. C
2. B
3. C
4. C
5. E
6. B
7. D
8. D
9. D
10. D
11. D
12. B
13. A
14. C
15. E
16. C
17. D
18. D