CHAPTER 10 - MOTIVATION AND EMOTION - EXAM

Multiple Choice
Identify the choice that best completes the statement or answers the question.

1. When you are engaging in goal-directed behavior, you may be best described as experiencing
   a. emotion
   b. motivation
   c. an incentive
   d. drive reduction

2. An internal state of tension that motivates an organism to engage in activities that should reduce this tension defines
   a. motive
   b. incentive
   c. emotion
   d. drive

3. According to drive theory of motivation, if you drink water when you are thirsty, drinking results in
   a. need reduction and restores physiological equilibrium
   b. drive reduction and restores physiological equilibrium
   c. need production and serves as an incentive
   d. drive production and serves as an incentive

4. An external goal that has the capacity to motivate behavior is
   a. an incentive
   b. a drive
   c. a motive
   d. a need

5. A bonus of $100.00 for completing a work assignment before a deadline is an example of
   a. a reward
   b. an incentive
   c. drive reduction
   d. a motive

6. Animals with a surgically destroyed lateral hypothalamus show
   a. excessive thirst and consumption of water
   b. little or no interest in eating and weight loss
   c. excessive overeating and weight gain
   d. little or no interest in sex

7. If, after brain damage suffered in a car accident, a person gained 50 pounds in two months you would most likely suspect damage to the
   a. lateral hypothalamus
   b. dorsal hypothalamus
   c. glucostats
   d. ventromedial hypothalamus

8. William, a subject in a psychology experiment, just received an injection that raised his blood glucose level. William is most likely to report
   a. he feels hungry
   b. he feels happy
   c. he does not feel hungry
   d. he feels angry
9. The hormone produced by fat cells that tends to diminish feelings of hunger when at high levels is
   a. glucose
   b. leptin
   c. adrenalin
   d. insulin

10. Environmental factors associated with the regulation of hunger and eating behavior include all of the
    following **except**
    a. classical conditioning and observational learning
    b. a "rumbling" stomach
    c. the tastiness of available food
    d. how much time has passed since a person's last meal

11. Which of the following measures do many experts today prefer to use to assess obesity?
    a. body mass index (BMI)
    b. weight
    c. percent body fat
    d. weight/height

12. Which pair of individuals would be expected to be **most** similar in body mass index?
    a. an adopted child and the adoptive parent
    b. two identical twins reared apart
    c. a husband and wife
    d. two fraternal twins reared together

13. Kathy has lost 25 pounds recently through dieting. According to ____ she will have difficulty keeping the
    weight off because her metabolism will have decreased in order to maintain the fat stores in her body.
    a. settling-point theory
    b. set-point theory
    c. dietary restraint theory
    d. evolutionary theory

14. The theory that proposes that weight tends to drift around the level at which the constellation of factors that
    determine food consumption and energy expenditure achieve an equilibrium is
    a. dietary restraint theory
    b. settling-point theory
    c. set-point theory
    d. drive-reduction theory

15. The need to master difficult challenges, to outperform others, and to meet high standards of excellence defines the
    a. autonomy motive
    b. achievement motive
    c. affiliation motive
    d. mastery motive

16. People high in the need for achievement prefer ____ tasks since these tasks provide an appropriate
    combination of probability of success and incentive value for success.
    a. moderately easy
    b. extremely difficult
    c. extremely easy
    d. moderately difficult

17. Which of the following is **not** one of the three components of emotion?
    a. physiological
    b. behavioral
    c. cognitive
18. The subjective conscious experience of an emotion describes the
a. cognitive component
b. perceptual component
c. behavioral component
d. physiological component

19. As Christine is watching the climax of a horror movie, all at once she is frightened, nervous, and excited. Her behavior reflects the ____ component of emotion.
   a. perceptual
   b. behavioral
   c. cognitive
   d. physiological

20. Autonomic arousal most directly relates to the ____ component of emotion.
   a. behavioral
   b. physiological
   c. perceptual
   d. cognitive

21. As Christine is watching the climax of a horror movie, she gets "goose bumps," her heart starts pounding, and her breathing becomes more rapid. Her behavior reflects the ____ component of emotion.
   a. behavioral
   b. perceptual
   c. cognitive
   d. physiological

22. The thalamus simultaneously transmits information capable of eliciting emotion to both the
   a. amygdala and cerebellum
   b. amygdala and cerebral cortex
   c. hypothalamus and cerebellum
   d. hypothalamus and cerebral cortex

23. The nervous system pathway which transmits information from the thalamus to the ____ is a rapid-response pathway that quickly results in physiological responses associated with emotion.
   a. cerebral cortex
   b. amygdala
   c. medulla
   d. cerebellum

24. Body language is directly related to the ____ component of emotion.
   a. cognitive
   b. behavioral
   c. perceptual
   d. physiological

25. Which of the following is not one of the six fundamental emotions people are generally successful in identifying in photographs?
   a. surprise
   b. disappointment
   c. sadness
   d. disgust

26. The facial-feedback hypothesis suggests that
   a. all cultures have identical facial expressions that indicate specific emotional states
   b. feedback from another person's facial expression allows individuals to correctly label emotions
c. after experiencing an emotion, the brain transmits signals that result in the facial muscles "matching" the emotion
d. facial muscles send signals to the brain that help the brain recognize the emotion that one is experiencing

27. If you go to a party and force yourself to smile even though you are feeling a little depressed, there is a good chance that you will
   a. fool everyone at the party except yourself
   b. feel more depressed later
   c. actually feel a little happier
   d. continue to feel depressed

28. Display rules are cultural norms that relate to the ___ component of emotion.
   a. perceptual
   b. cognitive
   c. physiological
   d. behavioral

29. According to the James-Lange theory, one's conscious experience of emotion occurs
   a. before autonomic arousal
   b. simultaneously with autonomic arousal
   c. after autonomic arousal
   d. independently of autonomic arousal

30. The theory of emotion that proposes that different patterns of autonomic activation lead to the experience of different emotions is the
   a. James-Lange theory
   b. commonsense theory
   c. Cannon-Bard theory
   d. Schachter two-factor theory

31. The rapid-response pathway from the thalamus to the amygdala that triggers autonomic arousal before cortical areas receive input is most consistent with the
   a. Cannon-Bard theory
   b. commonsense theory
   c. James-Lange theory
   d. facial-feedback theory

32. Walking in the forest, you see a bear. Your heart starts pounding, you run, and then you feel fear. This description best illustrates the ___ theory of emotion.
   a. Schachter two-factor
   b. Cannon-Bard
   c. commonsense
   d. James-Lange

33. While walking down the street, you are approached by a man with a gun who demands your money. According to the James-Lange theory of emotion, you are most likely to conclude
   a. your heart is pounding because you are afraid
   b. since your heart is pounding in this dangerous situation, you are afraid
   c. it is alright to be afraid in this situation
   d. you are afraid because your heart is pounding

34. According to the Cannon-Bard theory of emotion, one's conscious experience of emotion occurs
   a. independently of autonomic arousal
   b. before autonomic arousal
   c. simultaneously with autonomic arousal
   d. after autonomic arousal
35. Walking through the forest you see a bear. All at once, your heart starts pounding, you feel fear, and you run. This description best illustrates the ____ theory of emotion.
   a. Cannon-Bard
   b. James-Lange
   c. commonsense
   d. Schachter two-factor

36. While the ____ theory proposes that physiological arousal precedes the cognitive experience of emotion, the ____ proposes that physiological arousal and the cognitive experience of emotion occur simultaneously.
   a. Cannon-Bard; James-Lange
   b. James-Lange; Cannon-Bard
   c. Schachter two-factor; James-Lange
   d. Cannon-Bard; Schachter two-factor

37. According to ____, one's conscious experience of emotion occurs after autonomic arousal.
   a. both James-Lange and Schachter two-factor theories
   b. James-Lange theory
   c. Cannon-Bard theory
   d. both Cannon-Bard and Schachter two-factor theories

38. Schachter suggests that people rely on ____ cues to label their emotional states.
   a. external
   b. internal
   c. interpersonal
   d. physiological

39. Walking through the forest, you see a bear. Your heart starts pounding and you start to run away from this dangerous situation that caused you to be afraid. This description best illustrates the ____ theory of emotion.
   a. Cannon-Bard
   b. commonsense
   c. James-Lange
   d. Schachter two-factor

40. While walking down the street you are approached by a man with a gun who demands your money. According to the Schachter two-factor theory of emotion, you are most likely to conclude
   a. since your heart is pounding in this dangerous situation, you must be afraid
   b. you are afraid because your heart is pounding
   c. your heart is pounding because you are afraid
   d. it is alright to be afraid in this situation
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Answer Section

MULTIPLE CHOICE

1. ANS: B  PTS: 1  REF: 376  OBJ: 10-1 TYPE: Factual
2. ANS: D  PTS: 1  REF: 376  OBJ: 10-1 TYPE: Factual
3. ANS: B  PTS: 1  REF: 376  OBJ: 10-1 TYPE: Concept/Applied
4. ANS: A  PTS: 1  REF: 377  OBJ: 10-1 TYPE: Factual
5. ANS: B  PTS: 1  REF: 377  OBJ: 10-1 TYPE: Concept/Applied
6. ANS: B  PTS: 1  REF: 378  OBJ: 10-3 TYPE: Factual
7. ANS: D  PTS: 1  REF: 378  OBJ: 10-3 TYPE: Concept/Applied
8. ANS: C  PTS: 1  REF: 379  OBJ: 10-3 TYPE: Concept/Applied
9. ANS: B  PTS: 1  REF: 380  OBJ: 10-3 TYPE: Factual
10. ANS: B  PTS: 1  REF: 380-381  OBJ: 10-4 TYPE: Factual
11. ANS: A  PTS: 1  REF: 382  OBJ: 10-5 TYPE: Factual
12. ANS: B  PTS: 1  REF: 383  OBJ: 10-5 TYPE: Concept/Applied
13. ANS: B  PTS: 1  REF: 384  OBJ: 10-5 TYPE: Concept/Applied
15. ANS: B  PTS: 1  REF: 396  OBJ: 10-13 TYPE: Factual
17. ANS: D  PTS: 1  REF: 398-399  OBJ: 10-16 TYPE: Factual
18. ANS: A  PTS: 1  REF: 398  OBJ: 10-16 TYPE: Factual
19. ANS: C  PTS: 1  REF: 399  OBJ: 10-16 TYPE: Concept/Applied
20. ANS: B  PTS: 1  REF: 400  OBJ: 10-17 TYPE: Factual
21. ANS: D  PTS: 1  REF: 400  OBJ: 10-17 TYPE: Concept/Applied
22. ANS: B  PTS: 1  REF: 402  OBJ: 10-17 TYPE: Factual
23. ANS: B  PTS: 1  REF: 402  OBJ: 10-17 TYPE: Factual
27. ANS: C  PTS: 1  REF: 402-403  OBJ: 10-18 TYPE: Concept/Applied
28. ANS: D  PTS: 1  REF: 404  OBJ: 10-19 TYPE: Concept/Applied
29. ANS: C  PTS: 1  REF: 405  OBJ: 10-20 TYPE: Factual
30. ANS: A  PTS: 1  REF: 405  OBJ: 10-20 TYPE: Factual
31. ANS: C  PTS: 1  REF: __  OBJ: 10- TYPE: Integrative
32. ANS: D  PTS: 1  REF: 406  OBJ: 10-20 TYPE: Concept/Applied
33. ANS: D  PTS: 1  REF: 406  OBJ: 10-20 TYPE: Concept/Applied
34. ANS: C  PTS: 1  REF: 406  OBJ: 10-20 TYPE: Factual
35. ANS: A  PTS: 1  REF: 406  OBJ: 10-20 TYPE: Concept/Applied
36. ANS: B  PTS: 1  REF: 406  OBJ: 10-20 TYPE: Factual
37. ANS: A  PTS: 1  REF: 406  OBJ: 10-20 TYPE: Factual
38. ANS: A  PTS: 1  REF: 406  OBJ: 10-20 TYPE: Factual
39. ANS: D  PTS: 1  REF: 406  OBJ: 10-20 TYPE: Concept/Applied
40. ANS: A  PTS: 1  REF: 406  OBJ: 10-20 TYPE: Concept/Applied