

Arizona State University (ASU) PSY101 Introduction to Psychology Exam 4 Practice (Sample)

Study Guide



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Questions

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1. Which of the following represents common defense mechanisms?
 - A. Psychotherapy, vaccination, therapy, surgery
 - B. Anxiety, attraction, commitment, resolution
 - C. Repression, denial, projection, rationalization
 - D. Introspection, assessment, reasoning, evaluation
2. How does bipolar disorder differ from major depressive disorder?
 - A. It involves more severe symptoms
 - B. It contains a manic phase
 - C. It is exclusively genetic
 - D. It affects only adults
3. What are stressors in a psychological context?
 - A. Positive events that enhance well-being
 - B. Neutral events that have no impact
 - C. Conditions triggering a stress response
 - D. Materials that reduce anxiety
4. What is the primary function of the hippocampus in the brain?
 - A. Regulating emotions
 - B. Forming new memories and facilitating learning
 - C. Coordinating motor skills
 - D. Processing visual information
5. Which psychological concept relates closest to achieving one's full potential?
 - A. Self-esteem
 - B. Self-actualization
 - C. Social conformity
 - D. Self-efficacy

6. What is typically a priority for practitioners when treating anxiety disorders?
- A. Immediate results
 - B. Maximizing medication use
 - C. Providing support and minimizing side effects
 - D. Using hospitalization as a first step
7. What role do orexins play in individuals with panic disorder?
- A. Memory retention and learning
 - B. Wakefulness, vigilance, and appetite
 - C. Emotional expression
 - D. Regulating sleep cycles
8. According to psychoanalysis, Freud refers to the self as the ____.
- A. Id
 - B. Super ego
 - C. Ego
 - D. Conscious
9. Researchers have connected which of the Big Five personality traits to specific structures in the brain?
- A. Only neuroticism
 - B. Agreeableness, neuroticism, extroversion, and conscientiousness
 - C. Openness and conscientiousness only
 - D. Extroversion and shyness
10. What does the term "neuroplasticity" refer to?
- A. The ability of the brain to grow new neurons
 - B. The brain's ability to adapt and change in response to experience and learning
 - C. The process of healing from brain injuries
 - D. The stability of synaptic connections over time

Answers

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1. C
2. B
3. C
4. B
5. B
6. C
7. B
8. C
9. B
10. B

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Explanations

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1. Which of the following represents common defense mechanisms?

- A. Psychotherapy, vaccination, therapy, surgery
- B. Anxiety, attraction, commitment, resolution
- C. Repression, denial, projection, rationalization
- D. Introspection, assessment, reasoning, evaluation

The correct answer identifies a set of defense mechanisms commonly recognized in psychology. Defense mechanisms are unconscious strategies that individuals use to protect themselves from anxiety and uncomfortable emotions. Repression involves burying distressing thoughts and feelings in the unconscious mind, effectively keeping them out of conscious awareness. Denial allows a person to ignore or refuse to accept reality or facts that might be distressing. Projection involves attributing one's own undesirable feelings or thoughts onto someone else, which can relieve the individual of direct confrontation with those feelings. Rationalization is a cognitive distortion that allows a person to justify behaviors or feelings in a logical manner, thereby reducing personal accountability or guilt. These mechanisms serve important functions in coping with psychological stress and maintaining emotional stability. In contrast, the other options consist of unrelated terms that do not represent defense mechanisms or are focused on methods and processes that are not connected to psychological defense strategies.

2. How does bipolar disorder differ from major depressive disorder?

- A. It involves more severe symptoms
- B. It contains a manic phase
- C. It is exclusively genetic
- D. It affects only adults

Bipolar disorder is characterized by the presence of mood swings that include both depressive episodes and distinct periods of mania or hypomania. This manic phase is a defining feature that separates bipolar disorder from major depressive disorder, which is characterized solely by depressive episodes without the occurrence of mania. During the manic phase, individuals might experience heightened energy, euphoria, decreased need for sleep, increased talkativeness, and impulsive or risky behaviors. The presence of these manic episodes is crucial for the diagnosis of bipolar disorder, while major depressive disorder solely consists of significant and persistent low mood and associated symptoms. This distinction highlights how bipolar disorder encompasses a broader range of mood experiences compared to major depressive disorder.

3. What are stressors in a psychological context?

- A. Positive events that enhance well-being
- B. Neutral events that have no impact
- C. Conditions triggering a stress response
- D. Materials that reduce anxiety

In a psychological context, stressors are defined as conditions or events that challenge an individual's ability to cope, often triggering a stress response. These stressors can be various stimuli, ranging from environmental factors to social pressures, that provoke feelings of tension, anxiety, or discomfort. They can manifest in numerous forms, such as work-related pressures, life changes, or health issues, and their impact can vary significantly from person to person. Recognizing stressors is critical in understanding how stress influences mental health and how individuals may adapt or seek coping mechanisms to manage their responses to these pressures. The other choices describe concepts that do not align with the definition of stressors, such as positive events or neutral events that do not elicit a stress response at all. Additionally, materials that reduce anxiety do not represent the source of stress but rather a means to alleviate its effects. Thus, the correct understanding of stressors focuses on their role in triggering stress responses, making the selected answer accurate in the context of psychology.

4. What is the primary function of the hippocampus in the brain?

- A. Regulating emotions
- B. Forming new memories and facilitating learning
- C. Coordinating motor skills
- D. Processing visual information

The hippocampus plays a crucial role in the formation of new memories and the facilitation of learning. It is primarily involved in converting short-term memories into long-term memories, a process essential for learning new information and skills. The hippocampus helps create and organize memory associations, enabling individuals to recall past experiences and knowledge when needed. This area of the brain is particularly important in complex memory tasks, such as remembering facts, events, and contextual information. Damage to the hippocampus can lead to difficulties in forming new memories, as seen in conditions like anterograde amnesia, where individuals struggle to create new memories after an injury. In contrast, the other functions listed involve different brain areas; for instance, emotional regulation is largely managed by the amygdala and other parts of the limbic system, while motor skills coordination is primarily the function of the cerebellum and motor cortex, and visual information processing occurs in the occipital lobe of the brain. Understanding the specific role of the hippocampus highlights its importance in cognitive functioning and memory.

5. Which psychological concept relates closest to achieving one's full potential?

- A. Self-esteem
- B. Self-actualization
- C. Social conformity
- D. Self-efficacy

The concept that relates closest to achieving one's full potential is self-actualization. This term, popularized by psychologist Abraham Maslow, represents the highest level of psychological development where an individual realizes their personal potential, seeks personal growth, and experiences peak experiences. Self-actualization involves an ongoing process of becoming rather than a perfect state one reaches. It emphasizes the fulfillment of personal capabilities and desires, aligning actions with deep-seated values and interests. In contrast, self-esteem refers to an individual's overall sense of self-worth or personal value, which is important but does not encompass the full realization of one's potential. Social conformity involves adjusting one's behavior or thoughts to match those of a group, which can often distract from personal growth and self-actualization. Self-efficacy is the belief in one's ability to succeed in specific tasks or situations, which influences how goals are approached but does not inherently include the broader scope of realizing one's full potential. Therefore, self-actualization uniquely signifies the comprehensive pursuit of personal growth and fulfillment.

6. What is typically a priority for practitioners when treating anxiety disorders?

- A. Immediate results
- B. Maximizing medication use
- C. Providing support and minimizing side effects
- D. Using hospitalization as a first step

In the treatment of anxiety disorders, a primary priority for practitioners is providing support and minimizing side effects. This approach is crucial because anxiety disorders often involve a range of emotional and psychological challenges that can be compounded by the side effects of any medications prescribed. By focusing on support, practitioners help create a therapeutic environment that fosters trust and encourages patients to express their feelings and concerns. Minimizing side effects is equally important, as many patients may be hesitant to continue treatment if they experience significant discomfort or adverse reactions from medication. Supporting patients through therapy, education, and coping strategies alongside medication helps in managing their anxiety without overwhelming them with potential negative outcomes. Other options, such as emphasizing immediate results or maximizing medication use, might overlook the comprehensive, long-term nature of managing anxiety disorders. Additionally, using hospitalization as a first step may be appropriate only in severe cases and is generally not seen as a standard practice for most anxiety disorders, where outpatient care and therapy are more commonly prioritized.

7. What role do orexins play in individuals with panic disorder?

- A. Memory retention and learning
- B. Wakefulness, vigilance, and appetite
- C. Emotional expression
- D. Regulating sleep cycles

Orexins, also known as hypocretins, are neuropeptides that are primarily involved in the regulation of wakefulness, vigilance, and appetite. In individuals with panic disorder, research suggests that orexins can influence the arousal and anxiety associated with panic attacks. The heightened state of arousal linked to panic episodes may be related to increased levels of orexin activity, which enhances alertness and readiness to respond to perceived threats. This connection between orexins and the mechanisms of panic disorder underscores the role of these neuropeptides in the physiological responses to stress and anxiety, making them crucial to understanding the disorder's underlying processes. The other options, while they describe other functions associated with different systems or processes, do not directly relate to the role of orexins in panic disorder as effectively as the focus on wakefulness, vigilance, and appetite. Memory retention and learning, emotional expression, and regulating sleep cycles involve different neurobiological pathways and hormones that do not specifically capture the significant influence of orexins in panic disorder contexts.

8. According to psychoanalysis, Freud refers to the self as the ____.

- A. Id
- B. Super ego
- C. Ego
- D. Conscious

Freud's theory of psychoanalysis describes the structure of personality as being composed of three main components: the id, ego, and superego. The ego serves as the part of the personality that mediates between the primal desires of the id and the moral constraints of the superego. It operates primarily in the realm of reality, helping individuals navigate their environment in a practical and socially acceptable manner. The ego is responsible for rational thought, decision-making, and problem-solving, allowing a person to function effectively in the real world while balancing the instinctual drives of the id and the idealistic standards of the superego. This makes the ego essential for maintaining a sense of self that is grounded in reality, which is central to fulfilling the individual's wants and needs within societal norms. Understanding the role of the ego is crucial for grasping Freud's broader theory of personality and the dynamics of human behavior.

9. Researchers have connected which of the Big Five personality traits to specific structures in the brain?

A. Only neuroticism

B. Agreeableness, neuroticism, extroversion, and conscientiousness

C. Openness and conscientiousness only

D. Extroversion and shyness

The connection between personality traits and brain structures is a significant area of interest in psychology, particularly concerning the Big Five personality traits, which include openness, conscientiousness, extraversion, agreeableness, and neuroticism. The correct choice reflects the current understanding that several of these traits—agreeableness, neuroticism, extraversion, and conscientiousness—have been linked to specific neurological structures and regions in the brain. Research has shown that, for example, higher levels of extraversion may be associated with increased activity in the brain's reward pathways, while neuroticism can relate to the sensitivity of the amygdala, the area of the brain involved in emotional regulation. Similarly, conscientiousness has been linked to varying brain structures that may relate to self-control and planning abilities. The notable breadth of traits mentioned indicates how diverse aspects of personality can be tied to biological underpinnings, showcasing the interplay between our psychological makeup and physiological aspects. In contrast, the other options either limit the connection to fewer traits or misinterpret the link to shyness, which is more of a behavioral characteristic rather than a formalized trait in the Big Five model. This understanding highlights the complexity and interconnectedness of personality, illustrating how different traits can indeed

10. What does the term "neuroplasticity" refer to?

A. The ability of the brain to grow new neurons

B. The brain's ability to adapt and change in response to experience and learning

C. The process of healing from brain injuries

D. The stability of synaptic connections over time

The term "neuroplasticity" specifically refers to the brain's remarkable ability to adapt and change in response to experience and learning. This capacity is fundamental to how individuals learn new skills, form memories, and adapt to new information throughout their lives. Neuroplasticity encompasses the changes that occur at both the structural and functional levels within the brain; this can include the strengthening of synaptic connections, the formation of new linkages, and even the reshaping of entire neural pathways based on experiences and environmental factors. The concept highlights that the brain is not a static organ but rather a dynamic entity capable of modifications influenced by various stimuli, learning processes, and even recovery from injury. This adaptability aids in rehabilitation after brain injuries and enhances skills through continued practice, illustrating the fluidity of mental capabilities over time. The other options touch upon related concepts but do not fully capture the broad and diverse nature of neuroplasticity as the correct choice does.