

Chapter 5 - States of Consciousness

Study Guide - Print out, complete, and staple at the end of your notes in order to earn 10 points extra credit. Only FULLY completed study guides will earn extra credit. Not sure of an answer? Form a study group and test each other!

- 1) Who objected most strenuously to defining psychology as the science of consciousness?
 - A) the neurologists
 - B) the Freudians
 - C) the behaviorists
 - D) the cognitive psychologists
 - E) the humanists
- 2) According to cognitive neuroscience,
 - A) consciousness has no relation to the brain.
 - B) consciousness does not exist.
 - C) consciousness is a product of the brain.
 - D) the conscious mind has little access to the larger world of mental activity in the unconscious.
 - E) creativity arises from altered states of consciousness.
- 3) Which of the following is a description of consciousness suggested by the Core Concept for this section?
 - A) Consciousness controls the autonomic nervous system.
 - B) Consciousness makes us more alert.
 - C) Consciousness is just an abstract concept.
 - D) Consciousness processes information serially.
 - E) Consciousness allows us to respond reflexively, without thinking.
- 4) Which of the following is true about daydreaming?
 - A) Most people can easily suppress unwanted thoughts.
 - B) Daydreams help focus your attention.
 - C) Daydreams are usually more vivid than night dreams.
 - D) Daydreams usually serve as an escape from the concerns of real life.
 - E) Most people dream every day.
- 5) All of the following are related to our circadian rhythms, EXCEPT
 - A) waking.
 - B) daydreaming.
 - C) dreaming.
 - D) sleep.
 - E) jet lag.
- 6) Suppose that you are working in a sleep laboratory, where you are monitoring a subject's sleep recording during the night. As the night progresses, you would expect to see that
 - A) Stage 1 keeps reappearing.
 - B) the four-stage cycle gradually lengthens.
 - C) Stage 3 and Stage 4 sleep periods lengthen.
 - D) REM periods become longer.
 - E) dreaming becomes less frequent.
- 7) According to the activation-synthesis theory, dreams are
 - A) an attempt by the brain to make sense of random activity in the brain stem.
 - B) replays of events during the previous day.
 - C) storylike episodes that provide clues about problems in the unconscious mind.
 - D) mental garbage.
 - E) wish fulfillments.
- 8) Which of the following symptoms suggests the presence of a sleep disorder?
 - A) not remembering your dreams
 - B) napping during the day
 - C) needing nine hours of sleep each night in order to feel rested
 - D) a brief cessation of breathing once or twice a night
 - E) a REM period at the beginning of sleep

- 9) Our Core Concept states that consciousness changes in cycles that normally correspond to our biological rhythms and to the patterns of our environment. Which of the following illustrates this concept?
- sleep and dreaming
 - the Crick-Mitchison view
 - priming
 - consciousness, preconsciousness, and the unconscious
 - REM rebound
- 10) Hypnosis is sometimes used by psychological researchers to
- study the effects of psychoactive drugs.
 - improve memory
 - cure patients suffering from mental disorders.
 - create mental states, such as anxiety and euphoria.
 - induce amnesia for traumatic experiences.
- 11) Psychoactive drugs usually create their effects by _____ in the brain.
- causing delayed stress reactions
 - stimulating reward circuits
 - altering memories
 - disabling dendrites
 - rewiring neural pathways
- 12) Which of the following statements is true?
- Most public health professionals view addiction as a character weakness.
 - Research has proven conclusively that addiction is a brain disease.
 - Some psychologists suggest that treating addiction as a disease ignores the social and economic factors that surround the problem.
 - The reinforcing nature of drugs ensures low addiction rates.
 - The cycle of addiction is most efficiently broken with a combination of punishment for relapses and drugs that counteract the effects of psychoactive drugs.
- 13) Which of the following groups of drugs have the opposite effects on the brain?
- hallucinogens and sedatives
 - stimulants and depressants
 - opiates and sedatives
 - hallucinogens and stimulants
 - depressants and opiates
- 14) What metaphor did Freud use for consciousness and what are the different levels.
- 15) Briefly explain a Freudian slip.
- 16) Place the stages of sleep in the correct order through the first REM period.
- 17) Give an evolutionary explanation of the function of sleep.
- 18) Briefly explain Freud's idea of the manifest and latent content of dreams.
- 19) During what part of the sleep cycle do night terrors occur?
- 20) What is narcolepsy?
- 21) What is hypnosis?
- 22) How do opiates suppress pain?
- 23) Barbiturates and benzodiazepines belong to which category of psychoactive drugs? What is their primary benefit?
- 24) What does tolerance refer to relative to drug use?
- 25) Briefly explain the difference between physical and psychological dependence on drugs.