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| **PROG TEST: UNIT 5: ALTERED STATE OF CONSCIOUSNESS** |

**MULTIPLE CHOICE QUESTIONS**

1. Drugs that calm neural activity and slow body functions…
2. stimulants
3. hallucinogens
4. depressants
5. hypnosis
6. Melanie is addicted to her cell phone. She can’t sleep at night because she keeps checking all of her social media apps and even wakes up in the middle of the night to check it. What neurotransmitter would be the main reason for Melanie’s addiction?
7. serotonin
8. dopamine
9. GABA
10. glutamate
11. Lisa was in a car accident and has had to have 4 surgeries in the last year. During each recovery period, she has been taking codeine as prescribed by her doctor. Every time she goes off it the pain comes back and she can't function, so she gets another prescription. Lisa now finds herself faking illness and pain just to get another prescription because she can’t handle any pain or anxiety without it. Lisa appears to be addicted to codeine, which is an opiate. What do opiates trigger the brain to stop making on their own?
12. norepinephrine
13. hormones
14. dopamine
15. endorphins
16. Sally became addicted to methamphetamines. When she sought out treatment for her addiction, she can’t get feeling depressed. This is because methamphetamines reduce baseline levels of this neurotransmitter…
17. endorphins
18. serotonin
19. norepinephrine
20. dopamine
21. Shannon is taking a tranquilizer drug to help reduce anxiety prescribed by her doctor. The doctor told her to never take this drug with alcohol because it can be lethal. What type of drug is Shannon taking?
22. MDMA
23. barbiturate
24. amphetamine
25. opiate
26. REM sleep is most likely to be interrupted by…
27. marijuana
28. LSD
29. barbiturate
30. alcohol
31. Desynchronosis, or jet lag, is caused by…
32. damage to the pineal gland
33. an overabundance of melatonin
34. an overactive pons
35. an upset circadian rhythm
36. Brain waves ebb and flow throughout the night. Brief bursts of activity, called *sleep spindles*, would occur in stage…
37. NREM 1
38. NREM 2
39. NREM 3/4
40. REM
41. The slow, large, and mountainous brain waves that occur in NREM stage 4 are called
42. alpha waves
43. beta waves
44. theta waves
45. delta waves
46. Somnambulism, or sleep walking, is a fairly common form of parasomnia. In what stage would this NOT occur?
47. NREM 1
48. NREM 2
49. NREM 3/4
50. REM
51. Breathing machines called a CPAP are used to treat which of the following sleep disorders?
52. insomnia
53. sleep apnea
54. narcolepsy
55. night terrors
56. The \_\_\_\_\_\_\_ gland is key in regulating one’s circadian rhythm and \_\_\_\_\_\_\_ is the hormone it produces.
57. thyroid; thyroxine
58. pituitary; prolactin
59. pancreas; insulin
60. pineal; melatonin
61. Which of the following would be used to help psychologists study the sleep cycles?
62. MRI
63. fRMI
64. EEG
65. PET
66. The inability to get sleep, stay asleep, or get a good quality of sleep.
67. insomnia
68. sleep apnea
69. narcolepsy
70. night terrors
71. The period of the sleep cycle when most dreaming occurs is…
72. NREM 1
73. NREM 2
74. NREM 3/4
75. REM
76. A psychological state of possible altered attention and awareness in which the individual is unusually responsive to suggestion is called…
77. hypnosis
78. drugged
79. unconscious
80. narcolepsy
81. Require higher doses to achieve similar effect…
82. withdrawal
83. addiction
84. physical dependence
85. tolerance
86. Drugs that heighten alertness, arousal, and decrease appetite, including: cocaine, caffeine, nicotine, and amphetamines…
87. hallucinogens
88. depressants
89. stimulants
90. opiates
91. Dream theory that REM sleep triggers neural activity that evokes visual memories, which our sleeping brain weaves into stories…
92. Freud’s wish-fulfillment
93. information processing
94. cognitive development
95. activation-synthesis
96. A reservoir of feelings, thoughts, urges, and memories (often unacceptable or unwanted) that are outside of our awareness but affect our behavior…
97. unconscious
98. preconscious
99. conscious
100. personality
101. According to Freud, the underlying meaning of a dream…
102. latent content
103. manifest content
104. dualism
105. biological rhythms
106. Jose went to sleep at midnight but woke up at 6 AM. As a result, he most likely did not experience enough of this stage of sleep?
107. Stage 1
108. Stage 2
109. Stage 3/4
110. REM
111. Episodes of fright that occur during NREM stages 3 and 4…
112. nightmares
113. night terrors
114. sleep walking
115. sleep apnea
116. A drug that perfectly mimics a neurotransmitter, causing the next neuron to fire…
117. inhibitory neurotransmitter
118. synthetic neurotransmitter
119. agonist
120. antagonist
121. A subliminal stimuli is \_\_\_\_\_\_\_ the absolute threshold.
122. above
123. below
124. equal to
125. near
126. As we look at a flower, the intensity of the color that we see is related to the light wave’s…
127. placement on the spectrum
128. hue
129. frequency
130. amplitude
131. The eye’s “blind spot” is related to…
132. light rays focusing too far in front of the retina
133. light rays focusing to far behind the retina
134. a cluster of cells around the fovea which contains cones, but no rods
135. an area without receptor cells where the optic nerve leaves the eye
136. The most addictive stimulant in use today is…
137. alcohol
138. nicotine
139. amphetamines
140. marijuana
141. When working an occasional night shift, people often feel groggiest in the middle of the night but experience new energy around the time they normally would wake up. This best illustrates the impact of…
142. neurogenesis
143. selective attention
144. circadian rhythm
145. REM rebound
146. Sensory experiences that occur without an external sensory stimulus are called…
147. night terrors
148. latent content
149. reticular formations
150. hallucinations
151. Delta waves are most closely associated with…
152. NREM 1
153. NREM 2
154. NREM 3/4
155. REM
156. Which theory emphasizes that dreams play a role in consolidating the day’s experiences in our memories?
157. wish-satisfaction theory
158. neural activation theory
159. cognitive development theory
160. information-processing theory
161. At 3 o’clock in the morning, Jarel has already slept for 4 hours. As long as his sleep continues, we can expect an increasing occurrence of…
162. hypnagogic sensations
163. muscle tension
164. REM sleep
165. NREM 3/4 sleep