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| **PROGRESS TEST 1: UNIT 8: MOTIVATION & EMOTION** |

**MULTIPLE CHOICE QUESTIONS**

1. Instinct theory
2. Comes from an internal need to do something (e.g. get a drink if thirsty.
3. Is based on evolution and natural desires (e.g. Migration)
4. Incentive theory
5. There is a reward for completing a task (e.g. I go to work to get paid)
6. You need stimulation so find an interesting task to participate in (e.g. play a game)
7. Arousal theory
8. Arousal should be kept balanced (e.g. if you are bored, play a game or if you are very excited, take part in a calming activity)
9. Follow internal desires (e.g. if you are thirsty get a drink)
10. It is characteristic of robins to build nests. This is an example of:
11. A set point
12. homeostasis
13. a drive
14. an instinct
15. Hunger triggering hormone produced by the lateral hypothalamus.
16. Ghrelin
17. Orexin
18. Leptin
19. Glucose
20. Proposed a hierarchy of needs that suggests a strive toward self-actualization when other needs are met
21. Alfred Kinsey
22. Masters & Johnson
23. Abraham Maslow
24. Paul Ekman
25. Stimulation of this area would cause a rat to begin eating.
26. lateral hypothalamus
27. ventromedial hypothalamus
28. hippocampus
29. prefrontal cortex
30. The Yerkes-Dodson Law predicts that most people would perform an easy task best if they are at a
31. high level of arousal
32. low level of arousal
33. baseline state
34. level of self-actualization
35. Hunger hormone produced by empty tummies.
36. Orexin
37. Leptin
38. Ghrelin
39. Insulin
40. Theory of motivation that suggests our behaviors are influenced by attraction to or repulsion from the positive or negative qualities of external stimuli.
41. Instincts
42. Incentives
43. Drive-reduction
44. Evolutionary
45. The arousal theory of motivation would be most useful for understanding the aversive effects of:
46. refractory periods
47. psychological disorders
48. hunger
49. boredom
50. Professor Sanford explains that the need for physical safety must be met before city dwellers will be motivated to form close relationships with fellow citizens. Professor Sanford is providing an example of:
51. set points
52. Maslow’s hierarchy of motives
53. homeostasis
54. instincts
55. Sixteen-year-old Jill loves ice cream and other rich foods, but she has become increasingly anxious about gaining too much weight. Jill frequently overeats then intentionally vomits in an attempt to control her weight. Jill most clearly suffers from:
56. hypermetabolism
57. bulimia nervosa
58. anorexia nervosa
59. obesity
60. The tendency for one’s body to return to a ***balanced state*** is called:
61. satisfaction
62. deprivation
63. homeostasis
64. satiety
65. Engaging in a behavior because it’s personally rewarding is \_\_\_\_\_\_\_\_\_\_\_\_\_ motivation.
66. intrinsic
67. Extrinsic
68. Instinct
69. variable-interval
70. Researchers found that by destroying the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ a rat would stop eating completely.
71. Lateral Hypothalamus
72. Ventromedial Hypothalamus
73. Para-ventricular Nucleus
74. Digestive system
75. At the highest levels of arousal,
76. the individual becomes emotional, frenzied, and disorganized
77. only biological needs can be met
78. performance on the most complex tasks improves
79. intellectual products exhibit great creativity
80. Life-threatening weight loss due to self-inflicted starvation is called
81. fasting
82. malnutrition
83. anorexia nervosa
84. bulimia nervosa
85. The most critical physiological factor controlling hunger is the
86. level of blood sugar (glucose)
87. presence of stomach contractions
88. taste of food
89. presence of weakness or fatigue
90. Hunger hormone secreted by the hypothalamus
91. Orexin
92. Leptin
93. Ghrelin
94. Insulin
95. Which of the following decrease glucose in the blood stream?
96. Leptin
97. Orexin
98. PYY
99. Insulin
100. Which of the following can alter the body’s set point?
101. overfeeding in childhood
102. external eating cues
103. severe dieting
104. low self-esteem
105. Leptin, a hunger dampening protein, is secreted by
106. the hypothalamus
107. lateral hypothalamus
108. thalamus
109. fat cells
110. Lesions to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ will cause a rat to eat excessively, never receiving the message of being full.
111. thalamus
112. stomach
113. lateral hypothalamus
114. ventromedial hypothalamus
115. In hunger, a set point is
116. similar to body’s thermostat for blood sugar
117. the weight you maintain when you attempt to diet
118. related to the proportion of body fat that your body normally maintains
119. determined by adult eating habits
120. Makes decisions, plans, reasons, and carries out behaviors
121. frontal lobe
122. parietal lobe
123. temporal lobe
124. occipital lobe
125. Records the waves of electrical activity…
126. PET scan
127. MRI
128. CAT scan
129. EEG
130. Damage this and you won’t form new memories
131. Hypothalamus
132. Hippocampus
133. Amygdala
134. Thalamus