1. Just as cities and physical features are mapped on the globe by the two dimensions of latitude and longitude, researchers map emotions by the two dimensions of:
   A) valence and arousal.
   B) arousal and physiological state.
   C) experience and physiological state.
   D) valence and appraisal.

2. On the scale used to map the two dimensions of emotion, excitement and delight both have:
   A) low arousal.
   B) negative arousal.
   C) positive arousal.
   D) high arousal.

3. On an emotion map the emotions of sadness and depression have _______ and _______.
   A) low arousal; negative valence
   B) high arousal; negative valence
   C) low arousal; positive valence
   D) high arousal; positive valence

4. A positive or negative experience that is associated with a particular pattern of physiological activity is called a(n):
   A) arousal event.
   B) emotion.
   C) experience.
   D) reaction.

5. Which theory of emotion suggests that stimuli trigger activity in the autonomic nervous system, which in turn produces an emotional experience in the brain?
   A) Cannon-Bard theory
   B) Schachter-Singer theory
   C) James-Lange theory
   D) two-factor theory
6. According to the James-Lange theory of emotion, if you stumbled onto a snake on a hike in the mountains, you would first _______ and then _______.
   A) experience fear; cognitively process the sighting
   B) cognitively process the sighting; experience fear
   C) experience fear; react physiologically
   D) react physiologically; experience fear

7. The James-Lange theory of emotion asserts that you would not experience _______ without first experiencing _______.
   A) physiological activity; emotion
   B) emotion; physiological activity
   C) emotion; interpretation of an event
   D) interpretation of an event; emotion

8. In their research on emotion, Stanley Schachter and Jerome Singer asserted that:
   A) the James-Lange theory was largely incorrect.
   B) the Cannon-Bard theory was largely incorrect.
   C) both the James-Lange and the Cannon-Bard theories were correct in some aspects.
   D) the James-Lange theory was incorrect while the Cannon-Bard theory was correct in some aspects.

9. According to Schachter and Singer's two-factor theory of emotion, we have:
   A) different physiological reactions to stimuli and then experience varying emotions.
   B) the experience of emotion first followed by a physiological response.
   C) different reactions to all emotional stimuli.
   D) the same physiological reaction to all emotional stimuli, but we interpret that reaction differently in different contexts.

10. Emotion research in the last 50 years has demonstrated that when we are aroused (e.g., from running on a treadmill or lifting weights) and then meet an attractive person, we:
    A) tend to feel emotion in direct proportion to our autonomic activity.
    B) tend to feel emotion in indirect proportion to our physiological activity.
    C) feel more drawn to the attractive person.
    D) feel less drawn to the attractive person.
11. If you want to help your roommate attract the attention of someone on campus, what advice, based on your knowledge of emotion, might you offer?
   A) suggest that your roommate drink a strong coffee before contriving an introduction to the target
   B) suggest that your roommate wear something red in order to attract the target's attention
   C) suggest that your roommate ask the target out for ice cream
   D) suggest that your roommate appear “by chance” at the target's gym workout

12. Heinrich Klüver and Paul Bucy removed the temporal lobe of a rhesus monkey named Aurora, inadvertently causing the monkey to:
   A) become hypersexual.
   B) become sensitive to the color yellow.
   C) react in fear to snakes.
   D) react in fear when handled by experimenters.

13. Another name for Klüver-Bucy syndrome is:
   A) limbic system failure.
   B) temporal lobe syndrome.
   C) frontal lobe syndrome.
   D) amygdala syndrome.

14. Monkeys with Klüver-Bucy syndrome exhibit all the following behaviors except:
   A) hypersexuality.
   B) lack of fear.
   C) lip smacking.
   D) inability to distinguish between good and bad food.

15. An evaluation of the emotion-relevant aspects of a stimulus that is performed by the amygdala is called a(n):
   A) appraisal.
   B) retraction.
   C) involvement.
   D) activation.
16. Because the amygdala receives information from the thalamus before it receives information from the cortex, you:
   A) should not be afraid of snakes.
   B) can be afraid of something without knowing what it is.
   C) would be best served to delay making important decisions for 24 hours.
   D) may experience a shift in your circadian rhythm.

17. If you stumble upon a tarantula in the woods, your brain will transmit information about that stimulus to the ________ through two routes, the “fast pathway” and the “slow pathway.”
   A) frontal lobe
   B) hippocampus
   C) amygdala
   D) pituitary gland

18. The so-called fast pathway leads from the ________ directly to the amygdala.
   A) hypothalamus
   B) pituitary gland
   C) pineal gland
   D) thalamus

19. The so-called slow pathway leads from the thalamus to the ________ and then to the amygdala.
   A) cortex
   B) hypothalamus
   C) pituitary gland
   D) thyroid

20. The cognitive and behavioral strategies we use to influence our emotional experience are collectively called:
   A) active appraisal.
   B) cognitive control.
   C) emotion regulation.
   D) behavioral control.
21. Angry because she had to endure yet another class with a teacher she thought ineffective, Susanna decided to use reappraisal to change her emotional state. Which of the following actions would be most effective?
   A) Pledge to go jogging each day after class.
   B) Change the significance of the judgment by thinking of the course as a rite of passage.
   C) Make a date to meet friends for lunch before class.
   D) Form a study group that meets weekly.

22. When his mother asks when he will be home, Rudy finds that he feels better emotionally if he:
   A) returns home early.
   B) ignores her question.
   C) interprets her question as a sign of caring.
   D) interprets her question as nagging.

23. Because emotions are reactions to the appraisals of an event and not the event itself, changes in ________ bring about changes in ________.
   A) reaction; emotion
   B) behavior; cognition
   C) routine; cognition
   D) appraisal; emotion

24. Charles Darwin developed the universality hypothesis, which suggests that:
   A) all individuals process emotions in the same way.
   B) appraisal of stimuli causes a universal reaction.
   C) all animals exhibit emotions.
   D) emotional expressions have the same meaning for everyone.

25. Dr. Faber asked the students in his psychology class to hold a pencil in their teeth. From emotion research studies, what is likely to be the result?
   A) Students will feel happier.
   B) Students will feel disgust.
   C) Students will feel amazement.
   D) Students will feel perplexed.
26. Ginny's professor explained to her students that holding a pen in their teeth would make them feel happier. What is the main reason for this?
   A) Holding a pen in your teeth sends emotion signals to the brain.
   B) Holding a pen in your teeth contracts the muscles of the face in the same way as a smile.
   C) Feeling silly with a pen in your mouth causes you to feel happier.
   D) Seeing others' reaction to the pen in your mouth causes you to feel happier.

27. Norms for the control of emotional expression are called:
   A) display rules.
   B) presentation displays.
   C) presentation regulations.
   D) emotional directives.

28. What display rule is a poker player most likely to use in interacting with others at the table?
   A) intensification
   B) deintensification
   C) masking
   D) prioritizing

29. Although members of the soccer team were crushed when they lost the championship, they tried not to look as upset as they felt. What display rule were they using?
   A) deintensification
   B) masking
   C) neutralizing
   D) intensification

30. All the following sets of features can allow a careful observer to tell whether an emotional expression is sincere except:
   A) morphology.
   B) frontal patterning.
   C) symmetry.
   D) duration.
31. The purpose for or cause of an action is its:
   A) emotion.
   B) appraisal.
   C) motivation.
   D) evaluation.

32. Which of the following is not a good example of using emotions to provide us with information about the world?
   A) People report being happier with their lives when the question is asked on a sunny day.
   B) People who are in good moods are more likely than others to believe they may win the lottery.
   C) Beach lovers report being satisfied with their jobs when the question is asked on the beach.
   D) Students who like psychology are more likely than others to believe they will score higher on tests.

33. The notion that all people are motivated to experience pleasure and avoid pain is called the:
   A) pleasure theory.
   B) hedonic principle.
   C) antipain hypothesis.
   D) narcissistic theory.

34. The idea that the hedonic principle can explain virtually all human behavior was argued by:
   A) René Descartes.
   B) Noam Chomsky.
   C) Aristotle.
   D) Hippocrates.

35. The inherited tendency to seek a particular goal is called a(n):
   A) emotion.
   B) instinct.
   C) priority.
   D) appraisal.
36. When behaviorists discarded the notion of instincts, followers of B. F. Skinner began to refer to the cause of certain behaviors as:
   A) appraisals.
   B) attractions.
   C) intuitions.
   D) drives.

37. Fumiko wears a coat when she bikes to school in cold weather. This desire to stay warm is evidence of the body's tendency toward:
   A) balance.
   B) rigidity.
   C) homeostasis.
   D) normality.

38. The organizational structure of needs designed by Abraham Maslow is known as the:
   A) pyramid of urges.
   B) hierarchy of needs.
   C) ladder of needs.
   D) needs outline.

39. ______ is a chemical produced in the stomach that appears to be an orexigenic signal to the brain.
   A) Ghrelin
   B) Formalin
   C) Leptin
   D) Metabolin

40. When the lateral hypothalamus is destroyed so that it no longer receives orexigenic signals about hunger and satiety, rats will:
   A) press a bar to the point of exhaustion.
   B) overeat to the point of regurgitation.
   C) starve to death in a cage full of food.
   D) run a maze over and over without resting.
41. In the brain the ________ receives orexigenic signals to turn hunger on, and the ________
receives anorexigenic signals to turn hunger off.
   A) thalamus; hypothalamus
   B) anterior hypothalamus; ventromedial hypothalamus
   C) hypothalamus; thalamus
   D) lateral hypothalamus; ventromedial hypothalamus

42. All the following descriptions are typical of anorexics except:
   A) “low-achieving.”
   B) “high-achieving.”
   C) “perfectionist.”
   D) “distorted body image.”

43. All the following are hormones involved in sexual desire except:
   A) testosterone.
   B) estrogen.
   C) DHEA.
   D) ABBA.

44. Most female mammals are interested in sex only when they are ________, whereas female
humans can be interested in sex at any point in their monthly cycles.
   A) feel a strong urge to reproduce
   B) in estrus
   C) are injected with caffeine
   D) are hungry

45. Research has suggested that ________ may be the hormonal basis of the sex drive in women, and ________ may be the hormonal basis of the sex drive in men.
   A) estrogen; estrogen
   B) estrogen; testosterone
   C) testosterone; testosterone
   D) testosterone; estrogen

46. William Masters and Virginia Johnson (1966) did groundbreaking research in:
   A) determining the stimuli for sexual drive in humans.
   B) determining the stages of human physiological arousal during sex.
   C) determining the sexual responses of rats to injection with estrogen and testosterone.
   D) determining the reasons humans engage in sexual acts.
47. With regard to sexual drives:
   A) men and women tend to be more similar than different.
   B) men tend to exhibit a stronger desire than women.
   C) women tend to exhibit a stronger desire than men.
   D) women's sex drives tend to be regulated by estrogen.

48. David McClelland and John Atkinson (1953) suggested that the need for achievement is:
   A) unhealthy.
   B) a response to parental demands.
   C) conscious.
   D) unconscious.

49. One way to measure unconscious emotions is through the use of:
   A) the Thematic Apperception Test.
   B) structured interviews.
   C) participants' journals.
   D) the Binet-Simon test.

50. Research suggests that, all else being equal, ________ tend to be more powerful than ________.
    A) approach motivations; avoidance motivations
    B) extrinsic motivation; intrinsic motivation
    C) avoidance motivations; approach motivations
    D) rewards; punishment
Answer Key - Emotion and Motivation Multiple Choice Quiz 1

1. A
2. D
3. A
4. B
5. C
6. D
7. B
8. C
9. D
10. C
11. D
12. A
13. B
14. C
15. A
16. B
17. C
18. D
19. A
20. C
21. B
22. C
23. D
24. D
25. A
26. B
27. A
28. C
29. A
30. B
31. C
32. D
33. B
34. C
35. B
36. D
37. C
38. B
39. A
40. C
41. D
42. A
43. D
44. B
45. C
46. B
47. A
48. D
49. A
50. C