

Examrace

Psychology Most Important Questions with Answers on State of Consciousness Part 4

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52. Hypnosis is particularly useful

- (a) For test taking due to increased memory.
- (b) In helping a subject regress to childhood.
- (c) For creating momentary superhuman bursts of strength.
- (d) In controlling phantom limb pain.

Answer: D

53. Recent evidence suggests that THC, the active ingredient in marijuana,

- (a) is harmless.
- (b) is physically addictive.
- (c) is fatal in mild doses.
- (d) Accumulates in fatty tissue.

Answer:

54. Short-term drug use based largely on curiosity is called

- (a) Experimental.
- (b) Compulsive.
- (c) Situational.
- (d) Regressive.

Answer: A

Solution:

55. A sleep disturbance characterized by snoring, short silences, and gasps is called

- (a) Sleep apnea.
- (b) Narcolepsy.

(c) Somnambulism.

(d) Insomnia.

Answer: A

Solution:

56. Hypnosis currently has its greatest value as a (n)

(a) Cure-all counseling approach.

(b) Combination treatment with acupuncture and massage.

(c) Tool for inducing relaxation.

(d) Valuable technique for uncovering repressed memories.

Answer: C

Solution:

57. Some physicians believe that SIDS, or crib death, may be caused by

(a) prematurity.

(b) Sleep apnea.

(c) Narcolepsy.

(d) Snoring.

Answer: B

Solution:

58. _____ is an amino acid that can help people sleep and can be found in a glass of _____.

(a) Teratogen; orange juice

(b) Tetracycline; natural sparkling water

(c) Tryptophan; milk

(d) Thalidomide; wine

Answer: C

Solution:

59. Which of the following is a correct match?

(a) Stage 1 - light sleep

(b) Stage 2 - beta waves

- (c) Stage 3 - alpha waves
- (d) Stage 4 - sleep spindles

Answer: A

Solution:

60. Which of the following is classified as a stimulant?

- (a) Alcohol
- (b) Cocaine
- (c) Marijuana
- (d) Morphine

Answer: B

Solution:

61. Sleep talking

- (a) Occurs most often in association with night terrors.
- (b) Is the outward expression of dream content?
- (c) Occurs during sleep stages 3 and 4.
- (d) Occurs during REM sleep and is therefore rather brief.

Answer: C

Solution:

62. Which of the following could you learn to do in your sleep?

- (a) math
- (b) Foreign language
- (c) Touch a switch on cue
- (d) Dream analysis

Answer: C

Solution:

63. Treatment for alcoholism generally begins with

- (a) Vitamin therapy.
- (b) Tranquilizers.
- (c) Psychotherapy.

(d) Detoxification.

Answer: D

Solution:

64. If you suffered sleep deprivation, what type of effect would occur first?

- (a) Hallucinations and delusions
- (b) Loss of ability to pay attention and perform simple routine tasks
- (c) Both long-term and short-term memory loss
- (d) Coma

Answer: B

Solution:

65. People dream

- (a) About 15 minutes during the night.
- (b) About every 30 minutes in each 90 minute cycle.
- (c) More often in NREM sleep than in REM sleep.
- (d) About 90 minutes a night.

Answer: D

Solution:

66. A very stressful day is likely to increase the amount of

- (a) Somnambulism.
- (b) Sleep talking.
- (c) NREM sleep.
- (d) REM sleep.

Answer: D

Solution:

67. Which of the following occurs during dream sleep?

- (a) Irregular heart rate and blood pressure
- (b) Delta waves
- (c) Increased muscle tension
- (d) Sleep walking

Answer: A

Solution:

68. Extensive study of dreams indicates that

- (a) Nearly all dreams are sexual.
- (b) Most dreams are extensions of everyday experience.
- (c) Pleasant emotions are more frequent in dreams than unpleasant.
- (d) The content of dreams usually deals with psychological violence.

Answer: B

Solution:

69. In Stage _____, a new brain wave begins to appear. _____ waves are very large and slow and signal deeper sleep and a further loss of consciousness.

- (a) one; Alpha
- (b) two; Delta
- (c) three; Delta
- (d) four; Alpha

Answer: C

Solution:

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