

Examrace

Psychology Most Important Questions with Answers on State of Consciousness Part 5

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70. Cocaine achieves its effect through the chemical messengers

- (a) Dopamine and noradrenaline.
- (b) Noradrenaline and THC.
- (c) Sopor and phosphene.
- (d) RNA and adrenaline.

Answer: A

Solution:

71. Many of the chemicals released by a burning cigarette are

- (a) Harmless.
- (b) Carcinogens.
- (c) unknown.
- (d) Tetrahydrines.

Answer: B

Solution:

72. As the muscles in your body relax during Stage 1 sleep, the reflex muscle contraction that may happen is called

- (a) An autonomic cramp.
- (b) A hypnic jerk.
- (c) Restless leg syndrome.
- (d) Hypnagogic image syndrome.

Answer: B

Solution:

73. Which waves are characteristic of stage 1 or light sleep?

- (a) Beta waves
- (b) Large regular waves with some sleep spindles
- (c) Small irregular waves with some alpha waves
- (d) Delta waves

Answer: C

Solution:

74. Alcohol is classified as a

- (a) stimulant.
- (b) Depressant.
- (c) hallucinogen.
- (d) Barbiturate.

Answer: B

Solution:

75. A person experiences blind panic, screaming, and thrashing around during the terror. This episode is called

- (a) A nightmare.
- (b) A night terror.
- (c) A REM rebound episode.
- (d) Paradoxical sleep.

Answer: B

Solution:

76. REM sleep makes up about _____ percent of total sleep.

- (a) 10
- (b) 20
- (c) 30
- (d) 40

Answer: B

Solution:

77. Which of the following statements concerning marijuana is TRUE?

- (a) There is a direct link between marijuana and lung cancer.
- (b) Long-term marijuana users show no impairments of thinking abilities.
- (c) Marijuana temporarily lowers sperm production in males.
- (d) Marijuana is extremely harmful.

Answer: C

Solution:

78. To be conscious means to be _____ .

- (a) Dreaming
- (b) Aware
- (c) dynamic
- (d) In REM

Answer: B

Solution:

79. At the center of the activation-synthesis hypothesis of dreaming is the need to

- (a) Give expression to unfulfilled wishes.
- (b) Provide an outlet for repressed thoughts.
- (c) Provide explanations for physiological activity.
- (d) Exhibit socially acceptable behavior.

Answer: C

Solution:

80. The drug in America that causes the most damage is

- (a) Marijuana.
- (b) Heroin.
- (c) Alcohol.
- (d) Cocaine.

Answer: C

Solution:

81. EEG records indicate that during sleep the brain

- (a) Increases its activity.
- (b) Changes its pattern of activity.
- (c) Reduces its activity.
- (d) Shuts down.

Answer: B

Solution:

82. A person who has trouble getting to sleep is said to suffer from

- (a) Narcolepsy.
- (b) Sleep apnea.
- (c) Insomnia.
- (d) Somnambulism.

Answer: C

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