



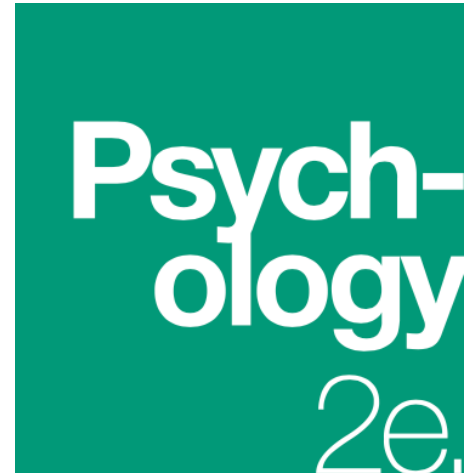
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Psych- ology

2e.

OpenStax Psychology 2e

Student Solutions Guide



This document contains the answers to the odd-numbered review and critical-thinking exercises from the end of each chapter in OpenStax Psychology. The critical thinking questions are open-ended, and the provided answers offer sample information or representative information.

We suggest you use this guide as a resource to check your own work while you study and review.

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Chapter 1: Introduction to Psychology

Review Questions

1. Which of the following was mentioned as a skill to which psychology students would be exposed?

Answer

D. all of the above

3. In the scientific method, a hypothesis is a(n) _____.

Answer

D. proposed explanation

5. _____ is most well-known for proposing his hierarchy of needs.

Answer

C. Abraham Maslow

7. The operant conditioning chamber (aka _____ box) is a device used to study the principles of operant conditioning.

Answer

A. Skinner

9. An individual's consistent pattern of thought and behavior is known as a(n) _____.

Answer

C. personality

11. A researcher interested in what factors make an employee best suited for a given job would most likely identify as a(n) _____ psychologist.

Answer

D. I-O

13. The _____ places less emphasis on research and more emphasis on application of therapeutic skills.

Answer

B. PsyD

15. One would need at least a(n) _____ degree to serve as a school psychologist.

Answer

C. master's

Critical Thinking Questions

17. Why do you think many people might be skeptical about psychology being a science?

Answer

One goal of psychology is the study of the mind. Science cannot directly study the mind, because it is not a form of matter or energy. This might create some skepticism about the scientific nature of psychology.

19. In part, what aspect of psychology was the behaviorist approach to psychology a reaction to?

Answer

Behaviorists studied objectively observable behavior partly in reaction to the psychologists of the mind who were studying things that were not directly observable.

21. What are the potential ethical concerns associated with Milgram's research on obedience?

Answer

Many people have questioned how ethical this particular research was. Although no one was actually harmed in Milgram's study, many people have questioned how the knowledge that you would be willing to inflict incredible pain and/or death to another person, simply because someone in authority told you to do so, would affect someone's self-concept and psychological health. Furthermore, the degree to which deception was used in this particular study raises a few eyebrows.

23. Other than a potentially greater salary, what would be the reasons an individual would continue on to get a graduate degree in psychology?

Answer

The graduate degree would be a stronger guarantee of working in a psychology-related field and one would have greater control over the specialty of that work. It would allow one to practice in a clinical setting. In general, it would allow someone to work in a more independent or supervisory capacity.

Chapter 2: Psychological Research

Review Questions

1. Scientific hypotheses are _____ and falsifiable.

Answer

D. testable

3. Scientific knowledge is _____.

Answer

B. empirical

5. Sigmund Freud developed his theory of human personality by conducting in-depth interviews over an extended period of time with a few clients. This type of research approach is known as a(n): _____.

Answer

B. case study

7. The major limitation of case studies is _____.

Answer

C. the inability to generalize the findings from this approach to the larger population

9. Using existing records to try to answer a research question is known as _____.

Answer

D. archival research

11. A(n) _____ is a list of questions developed by a researcher that can be administered in paper form.

Answer

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D. survey

13. Height and weight are positively correlated. This means that:

Answer

D. As height increases, typically weight increases.

15. Which statement best illustrates a negative correlation between the number of hours spent watching TV the week before an exam and the grade on that exam?

Answer

D. Students who watch more television perform more poorly on their exams.

17. _____ means that everyone in the population has the same likelihood of being asked to participate in the study.

Answer

D. random sampling

19. Researchers must _____ important concepts in their studies so others would have a clear understanding of exactly how those concepts were defined.

Answer

C. operationalize

21. _____ is to animal research as _____ is to human research.

Answer

B. IACUC; IRB

23. A person's participation in a research project must be _____.

Answer

C. voluntary

Critical Thinking Questions

25. In this section, there was a discussion about researchers arriving at different conclusions about the use of technology in certain student populations, with one study determining that a smartphone app for surgery students seemed effective, but another study finding negative impacts on sleep, communication, and time management resulting from the use of technology by undergraduates. How might an educational leader best work through these discrepancies?

Answer

An educational leader may be able to focus resources and plans on the specific programs until further research is conducted that provides insight that can be applied more broadly.

27. In this section, conjoined twins, Krista and Tatiana, were described as being potential participants in a case study. In what other circumstances would you think that this particular research approach would be especially helpful and why?

Answer

Case studies might prove especially helpful using individuals who have rare conditions. For instance, if one wanted to study multiple personality disorder then the case study approach with individuals diagnosed with multiple personality disorder would be helpful.

29. Which of the research methods discussed would be best suited to study the impact of diet and exercise on the prevalence of a disease such as diabetes? Why?

Answer

Longitudinal research would be an excellent approach in studying how dietary and exercise habits affect the risk of being diagnosed with diabetes because it would follow subjects as they aged to determine how their choices regarding diet and exercise affected the prevalence of diabetes.

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31. Earlier in this section, we read about research suggesting that there is a correlation between eating cereal and weight. Cereal companies that present this information in their advertisements could lead someone to believe that eating more cereal causes healthy weight. Why would they make such a claim and what arguments could you make to counter this cause-and-effect claim?

Answer

The cereal companies are trying to make a profit, so framing the research findings in this way would improve their bottom line. However, it could be that people who forgo more fatty options for breakfast are health conscious and engage in a variety of other behaviors that help them maintain a healthy weight.

33. Sometimes, true random sampling can be very difficult to obtain. Many researchers make use of convenience samples as an alternative. For example, one popular convenience sample would involve students enrolled in Introduction to Psychology courses. What are the implications of using this sampling technique?

Answer

If research is limited to students enrolled in Introduction to Psychology courses, then our ability to generalize to the larger population would be dramatically reduced. One could also argue that students enrolled in Introduction to Psychology courses may not be representative of the larger population of college students at their school, much less the larger general population.

35. Some argue that animal research is inherently flawed in terms of being ethical because unlike human participants, animals do not consent to be involved in research. Do you agree with this perspective? Given that animals do not consent to be involved in research projects, what sorts of extra precautions should be taken to ensure that they receive the most humane treatment possible?

Answer

In general, the fact that consent cannot be obtained from animal research subjects places extra responsibility on the researcher to ensure that the animal is treated as humanely as possible and to respect the sacrifice that the animal is making for the advancement of science. Like human research, the animals themselves should also receive some of the benefits of the research, and they do in the form of advanced veterinary medicine, and so on.

Chapter 3: Biopsychology

Review Questions

1. A(n) _____ is a sudden, permanent change in a sequence of DNA.

Answer

D. mutation

3. _____ is the field of study that focuses on genes and their expression.

Answer

C. Epigenetics

5. The _____ receive(s) incoming signals from other neurons.

Answer

D. dendrites

7. Multiple sclerosis involves a breakdown of the _____.

Answer

B. myelin sheath

9. Our ability to make our legs move as we walk across the room is controlled by the _____ nervous system.

Answer

B. somatic

11. The central nervous system is comprised of _____.

Answer

D. brain and spinal cord

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13. The _____ is a sensory relay station where all sensory information, except for smell, goes before being sent to other areas of the brain for further processing.

Answer

D. thalamus

15. A(n) _____ uses magnetic fields to create pictures of a given tissue.

Answer

B. MRI

17. The two major hormones secreted from the pancreas are:

Answer

D. glucagon and insulin

19. The _____ gland secretes epinephrine.

Answer

A. adrenal

Critical Thinking Questions

21. The theory of evolution by natural selection requires variability of a given trait. Why is variability necessary and where does it come from?

Answer

Variability is essential for natural selection to work. If all individuals are the same on a given trait, there will be no relative difference in their reproductive success because everyone will be equally adapted to their environments on that trait. Mutations are one source of variability, but sexual reproduction is another important source of variation given that individuals inherit half of their genetic makeup from each of their parents.

23. Drugs such as lidocaine and novocaine act as Na⁺ channel blockers. In other words, they prevent sodium from moving across the neuronal membrane. Why would this particular effect make these drugs such effective local anesthetics?

Answer

The action potential is initiated by an influx of Na⁺ into the neuron. If this process is prevented, then no action potentials in neurons in a given area will occur. Therefore, any painful stimuli would not result in action potentials carrying that information to the brain.

25. Examine Figure 3.14, illustrating the effects of sympathetic nervous system activation.

How would all of these things play into the fight or flight response?

Answer

Most of these effects directly impact energy availability and redistribution of key resources and heightened sensory capacity. The individual experiencing these effects would be better prepared to fight or flee.

27. Which of the techniques discussed would be viable options for you to determine how activity in the reticular formation is related to sleep and wakefulness? Why?

Answer

The most viable techniques are fMRI and PET because of their ability to provide information about brain activity and structure simultaneously.

29. Chemical messengers are used in both the nervous system and the endocrine system. What properties do these two systems share? What properties are different? Which one would be faster? Which one would result in long-lasting changes?

Answer

Both systems involve chemical messengers that must interact with receptors in order to have an effect. The relative proximity of the release site and target tissue varies dramatically between the two systems. In neurotransmission, reuptake and enzymatic breakdown immediately clear the synapse. Metabolism of hormones must occur in the liver. Therefore, while neurotransmission is much more rapid in signaling information, hormonal signaling can persist for quite some time as the concentrations of the hormone in the bloodstream vary gradually over time.

Chapter 4: States of Consciousness

Review Questions

1. The body's biological clock is located in the _____.

Answer

C. hypothalamus

3. _____ cycles occur roughly once every 24 hours.

Answer

B. circadian

5. Growth hormone is secreted by the _____ while we sleep.

Answer

C. pituitary gland

7. _____ is a hormone secreted by the pineal gland that plays a role in regulating biological rhythms and immune function.

Answer

B. melatonin

9. _____ is(are) described as slow-wave sleep.

Answer

C. stage 3 and stage 4

11. Symptoms of _____ may be improved by REM deprivation.

Answer

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C. depression

13. _____ is loss of muscle tone or control that is often associated with narcolepsy.

Answer

C. cataplexy

15. The most common treatment for _____ involves the use of amphetamine-like medications.

Answer

D. narcolepsy

17. _____ occurs when a drug user requires more and more of a given drug in order to experience the same effects of the drug.

Answer

C. tolerance

19. _____ refers to drug craving.

Answer

A. psychological dependence

21. _____ is most effective in individuals that are very open to the power of suggestion.

Answer

A. hypnosis

23. Meditation may be helpful in _____.

Answer

D. both A and B (pain management and stress control)

Critical Thinking Questions

25. Healthcare professionals often work rotating shifts. Why is this problematic? What can be done to deal with potential problems?

Answer

Given that rotating shift work can lead to exhaustion and decreased mental efficiency, individuals working under these conditions are more likely to make mistakes on the job. The implications for this in the health care professions are obvious. Those in health care professions could be educated about the benefits of light-dark exposure to help alleviate such problems.

27. If theories that assert sleep is necessary for restoration and recovery from daily energetic demands are correct, what do you predict about the relationship that would exist between individuals' total sleep duration and their level of activity?

Answer

Those individuals (or species) that expend the greatest amounts of energy would require the longest periods of sleep.

29. Differentiate the evolutionary theories of sleep and make a case for the one with the most compelling evidence.

Answer

One evolutionary theory of sleep holds that sleep is essential for restoration of resources that are expended during the demands of day-to-day life. A second theory proposes that our sleep patterns evolved as an adaptive response to predatory risks, which increase in darkness. The first theory has little or no empirical support, and the second theory is supported by some, though not all, research.

31. Some people claim that sleepwalking and talking in your sleep involve individuals acting out their dreams. Why is this particular explanation unlikely?

Answer

Dreaming occurs during REM sleep. One of the hallmarks of this particular stage of sleep is the paralysis of the voluntary musculature which would make acting out dreams improbable.

33. How is narcolepsy with cataplexy similar to and different from REM sleep?

Answer

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Similarities include muscle atony and the hypnagogic hallucinations associated with narcoleptic episodes. The differences involve the uncontrollable nature of narcoleptic attacks and the fact that these come on in situations that would normally not be associated with sleep of any kind (e.g., instances of heightened arousal or emotionality).

35. Why are programs designed to educate people about the dangers of using tobacco products just as important as developing tobacco cessation programs?

Answer

Given that currently available programs designed to help people quit using tobacco products are not necessarily effective in the long term, programs designed to prevent people from using these products in the first place may be the best hope for dealing with the enormous public health concerns associated with tobacco use.

37. What types of studies would be most convincing regarding the effectiveness of meditation in the treatment for some type of physical or mental disorder?

Answer

Ideally, double-blind experimental trials would be best suited to speak to the effectiveness of meditation. At the very least, some sort of randomized control trial would be very informative.

Chapter 5: Sensation and Perception

Review Questions

1. _____ refers to the minimum amount of stimulus energy required to be detected 50% of the time.

Answer

A. absolute threshold

3. _____ involves the conversion of sensory stimulus energy into neural impulses.

Answer

D. transduction

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5. Which of the following correctly matches the pattern in our perception of color as we move from short wavelengths to long wavelengths?

Answer

B. yellow to orange to red

7. The electromagnetic spectrum includes _____.

Answer

D. all of the above

9. The quality of a sound that is affected by frequency, amplitude, and timing of the sound wave is known as _____.

Answer

D. timbre

11. _____ operate best under bright light conditions.

Answer

A. cones

13. If you were to stare at a green dot for a relatively long period of time and then shift your gaze to a blank white screen, you would see a _____ negative afterimage.

Answer

D. red

15. The three ossicles of the middle ear are known as _____.

Answer

D. both a and b (malleus, incus, and stapes and hammer, anvil, and stirrup)

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17. Cues that require two ears are referred to as _____ cues.

Answer

D. binaural

19. Which taste is associated with monosodium glutamate?

Answer

C. umami

21. Which of the following is involved in maintaining balance and body posture?

Answer

D. vestibular system

23. Our tendency to perceive things as complete objects rather than as a series of parts is known as the principle of _____.

Answer

A. closure

25. The main point of focus in a visual display is known as the _____.

Answer

D. figure

Critical Thinking Questions

27. Please generate a novel example of how just noticeable difference can change as a function of stimulus intensity.

Answer

There are many potential examples. One example involves the detection of weight differences. If two people are holding standard envelopes and one contains a quarter while the other is empty, the

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difference in weight between the two is easy to detect. However, if those envelopes are placed inside two textbooks of equal weight, the ability to discriminate which is heavier is much more difficult.

29. Why do you think humans are especially sensitive to sounds with frequencies that fall in the middle portion of the audible range?

Answer

Once again, one could make an evolutionary argument here. Given that the human voice falls in this middle range and the importance of communication among humans, one could argue that it is quite adaptive to have an audible range that centers on this particular type of stimulus.

31. Color is not a physical property of our environment. What function (if any) do you think color vision serves?

Answer

Color vision probably serves multiple adaptive purposes. One popular hypothesis suggests that seeing in color allowed our ancestors to differentiate ripened fruits and vegetables more easily.

33. How can temporal and place theories both be used to explain our ability to perceive the pitch of sound waves with frequencies up to 4000 Hz?

Answer

Pitch of sounds below this threshold could be encoded by the combination of the place and firing rate of stimulated hair cells. So, in general, hair cells located near the tip of the basilar membrane would signal that we're dealing with a lower-pitched sound. However, differences in firing rates of hair cells within this location could allow for fine discrimination between low-, medium-, and high-pitch sounds within the larger low-pitch context.

35. If you heard someone say that they would do anything not to feel the pain associated with significant injury, how would you respond given what you've just read?

Answer

Pain serves important functions that are critical to our survival. As noxious as pain stimuli may be, the experiences of individuals who suffer from congenital insensitivity to pain makes the consequences of a lack of pain all too apparent.

37. The central tenet of Gestalt psychology is that the whole is different from the sum of its parts. What does this mean in the context of perception?

Answer

This means that perception cannot be understood completely simply by combining the parts. Rather, the relationship that exists among those parts (which would be established according to the principles described in this chapter) is important in organizing and interpreting sensory information into a perceptual set.

Chapter 6: Learning

Review Questions

1. Which of the following is an example of a reflex that occurs at some point in the development of a human being?

Answer

C. infant sucking on a nipple

3. Two forms of associative learning are _____ and _____.

Answer

A. classical conditioning; operant conditioning

5. A stimulus that does not initially elicit a response in an organism is a(n) _____.

Answer

B. neutral stimulus

7. Extinction occurs when _____.

Answer

A. the conditioned stimulus is presented repeatedly without being paired with an unconditioned stimulus

9. _____ is when you take away a pleasant stimulus to stop a behavior.

Answer

D. negative punishment

11. Rewarding successive approximations toward a target behavior is _____.

Answer

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A. shaping

13. The person who performs a behavior that serves as an example is called a _____.

Answer

B. model

15. Which is the correct order of steps in the modeling process?

Answer

A. attention, retention, reproduction, motivation

Critical Thinking Questions

17. Compare and contrast classical and operant conditioning. How are they alike? How do they differ?

Answer

Both classical and operant conditioning involve learning by association. In classical conditioning, responses are involuntary and automatic; however, responses are voluntary and learned in operant conditioning. In classical conditioning, the event that drives the behavior (the stimulus) comes before the behavior; in operant conditioning, the event that drives the behavior (the consequence) comes after the behavior. Also, whereas classical conditioning involves an organism forming an association between an involuntary (reflexive) response and a stimulus, operant conditioning involves an organism forming an association between a voluntary behavior and a consequence.

19. If the sound of your toaster popping up toast causes your mouth to water, what are the UCS, CS, and CR?

Answer

The food being toasted is the UCS; the sound of the toaster popping up is the CS; salivating to the sound of the toaster is the CR.

21. How does a neutral stimulus become a conditioned stimulus?

Answer

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This occurs through the process of acquisition. A human or an animal learns to connect a neutral stimulus and an unconditioned stimulus. During the acquisition phase, the neutral stimulus begins to elicit the conditioned response. The neutral stimulus is becoming the conditioned stimulus. At the end of the acquisition phase, learning has occurred and the neutral stimulus becomes a conditioned stimulus capable of eliciting the conditioned response by itself.

23. What is the difference between negative reinforcement and punishment?

Answer

In negative reinforcement you are taking away an undesirable stimulus in order to increase the frequency of a certain behavior (e.g., buckling your seat belt stops the annoying beeping sound in your car and increases the likelihood that you will wear your seatbelt). Punishment is designed to reduce a behavior (e.g., you scold your child for running into the street in order to decrease the unsafe behavior.)

25. What is the effect of prosocial modeling and antisocial modeling?

Answer

Prosocial modeling can prompt others to engage in helpful and healthy behaviors, while antisocial modeling can prompt others to engage in violent, aggressive, and unhealthy behaviors.

Chapter 7: Thinking and Intelligence

Review Questions

1. Cognitive psychology is the branch of psychology that focuses on the study of _____.

Answer

B. human thinking

3. Which of the following is an example of an artificial concept?

Answer

B. a triangle's area

5. _____ provides general principles for organizing words into meaningful sentences.

Answer

D. Syntax

7. The meaning of words and phrases is determined by applying the rules of _____.

Answer

D. semantics

9. A specific formula for solving a problem is called _____.

Answer

A. an algorithm

11. Which type of bias involves becoming fixated on a single trait of a problem?

Answer

A. anchoring bias

13. Fluid intelligence is characterized by _____.

Answer

D. being able to see complex relationships and solve problems

15. Which theorist put forth the triarchic theory of intelligence?

Answer

C. Sternberg

17. In order for a test to be normed and standardized it must be tested on _____.

Answer

B. a representative sample

19. Who developed the IQ test most widely used today?

Answer

D. David Wechsler

21. Where does high intelligence come from?

Answer

C. both A and B (genetics and environment)

23. What is a learning disability?

Answer

B. a neurological disorder

Critical Thinking Questions

25. Describe a social schema that you would notice at a sporting event.

Answer

Answers will vary. When attending a basketball game, it is typical to support your team by wearing the team colors and sitting behind their bench.

27. How do words not only represent our thoughts but also represent our values?

Answer

People tend to talk about the things that are important to them or the things they think about the most. What we talk about, therefore, is a reflection of our values.

29. How could a specific learning disability, such as dysgraphia or dyslexia, impact a child's educational and school experience?

Answer

Children who have a learning disability such as dysgraphia or dyslexia will typically struggle with specific academic tasks: a child with dyslexia will struggle with reading, a child with dysgraphia will struggle with handwriting, a child with dyscalculia will struggle in math. The child will likely experience frustration due to these struggles. The student will need specific school-based accommodations and interventions in order to succeed at grade level expectations.

31. How does an algorithm save you time and energy when solving a problem?

Answer

An algorithm is a proven formula for achieving a desired outcome. It saves time because if you follow it exactly, you will solve the problem without having to figure out how to solve the problem. It is a bit like not reinventing the wheel.

33. Describe a situation in which cultural intelligence would help you communicate better.

Answer

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You are visiting Madrid, Spain, on a language immersion trip. Your Spanish is okay, but you still not sure about some of the facial expressions and body language of the native speakers. When faced with a sticky social situation, you do not engage immediately as you might back home. Instead, you hold back and observe what others are doing before reacting.

35. Compare and contrast the benefits of the Stanford-Binet IQ test and Wechsler's IQ tests.

Answer

The Wechsler-Bellevue IQ test combined a series of subtests that tested verbal and nonverbal skills into a single IQ test in order to get a reliable, descriptive score of intelligence. While the Stanford-Binet test was normed and standardized, it focused more on verbal skills than variations in other cognitive processes.

37. Describe the relationship between learning disabilities and intellectual disabilities to intelligence.

Answer

Learning disabilities are specific neurological problems within the brain and are separate from intelligence. Intellectual disabilities are pervasive and related to intelligence.

Chapter 8: Memory

Review Questions

1. _____ is a memory store with a phonological loop, visiospatial sketchpad, episodic buffer, and a central executive.

Answer

C. short-term memory

3. The three functions of memory are _____.

Answer

D. encoding, storage, and retrieval

5. An exceptionally clear recollection of an important event is a (an) _____.

Answer

C. flashbulb memory

7. Tip-of-the-tongue phenomenon is also known as _____.

Answer

D. blocking

9. When you are learning how to play the piano, the statement “Every good boy does fine” can help you remember the notes E, G, B, D, and F for the lines of the treble clef. This is an example of a (an) _____.

Answer

C. acrostic

11. The self-referencing effect refers to _____.

Answer

A. making the material you are trying to memorize personally meaningful to you

Critical Thinking Questions

13. Compare and contrast implicit and explicit memory.

Answer

Both are types of long-term memory. Explicit memories are memories we consciously try to remember and recall. Explicit memory is also called declarative memory and is subdivided into episodic memory (life events) and semantic memory (words, ideas, and concepts). Implicit memories are memories that are not part of our consciousness; they are memories formed from behaviors. Implicit memory is also called non-declarative memory and includes procedural memory as well as things learned through classical conditioning.

15. Compare and contrast the two ways in which we encode information.

Answer

Information is encoded through automatic or effortful processing. Automatic processing refers to all information that enters long-term memory without conscious effort. This includes things such as time, space, and frequency—for example, your ability to remember what you ate for breakfast today or the fact that you remember that you ran into your best friend in the supermarket twice this week. Effortful processing refers to encoding information through conscious attention and effort. Material that you study for a test requires effortful processing.

17. Compare and contrast the two types of interference.

Answer

There are two types of interference: retroactive and proactive. Both are types of forgetting caused by a failure to retrieve information. With retroactive interference, new information hinders the ability to recall older information. With proactive interference, it's the opposite: old information hinders the recall of newly learned information.

19. What is the self-reference effect, and how can it help you study more effectively?

Answer

The self-reference effect is the tendency an individual to have better memory for information that relates to oneself than information that is not personally relevant. You can use the self-reference effect to relate the material to something you have already learned for another class, or think how you can apply the concepts to your life. When you do this, you are building a web of retrieval cues that will help you access the material when you want to remember it.

20. You and your roommate spent all of last night studying for your psychology test. You think you know the material; however, you suggest that you study again the next morning an hour prior to the test. Your roommate asks you to explain why you think this is a good idea. What do you tell her?

Chapter 9: Lifespan Development

Review Questions

1. The view that development is a cumulative process, gradually adding to the same type of skills is known as _____.

Answer

C. continuous development

3. How is lifespan development defined?

Answer

A. The study of how we grow and change from conception to death.

5. Which theorist proposed that moral thinking proceeds through a series of stages?

Answer

D. Lawrence Kohlberg

7. Which of the following is the correct order of prenatal development?

Answer

D. zygote, embryo, fetus

9. What begins as a single-cell structure that is created when a sperm and egg merge at conception?

Answer

C. zygote

11. The child uses the parent as a base from which to explore her world in which attachment style?

Answer

A. secure

13. Who created the very first modern hospice?

Answer

B. Cicely Saunders

Critical Thinking Questions

15. Describe the nature versus nurture controversy, and give an example of a trait and how it might be influenced by each?

Answer

The nature versus nurture controversy seeks to understand whether our personalities and traits are the product of our genetic makeup and biological factors, or whether they are shaped by our environment, which includes such things as our parents, peers, and culture. Today, psychologists agree that both nature and nurture interact to shape who we become, but the debate over the relative contributions of each continues. An example would be a child learning to walk: Nature influences when the physical ability occurs, but culture can influence when a child masters this skill, as in Aché culture.

17. Why should developmental milestones only be used as a general guideline for normal child development?

Answer

Children develop at different rates. For example, some children may walk and talk as early as 8 months old, while others may not do so until well after their first birthday. Each child's unique contexts will influence when he reaches these milestones.

19. Why was Carol Gilligan critical of Kohlberg's theory of moral development?

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Answer

Gilligan criticized Kohlberg because his theory was based on the responses of upper class White men and boys, arguing that it was biased against women. While Kohlberg concluded that women must be deficient in their moral reasoning abilities, Gilligan disagreed, suggesting that female moral reasoning is not deficient, just different.

21. What are some known teratogens, and what kind of damage can they do to the developing fetus?

Answer

Alcohol is a teratogen. Excessive drinking can cause mental retardation in children. The child can also have a small head and abnormal facial features, which are characteristic of fetal alcohol syndrome (FAS). Another teratogen is nicotine. Smoking while pregnant can lead to low-birth weight, premature birth, stillbirth, and SIDS.

23. Describe what happens in the embryonic stage of development. Describe what happens in the fetal stage of development.

Answer

In the embryonic stage, basic structures of the embryo start to develop into areas that will become the head, chest, and abdomen. The heart begins to beat and organs form and begin to function. The neural tube forms along the back of the embryo, developing into the spinal cord and brain. In the fetal stage, the brain and body continue to develop. Fingers and toes develop along with hearing, and internal organs form.

25. Describe some of the newborn reflexes. How might they promote survival?

Answer

The sucking reflex is the automatic, unlearned sucking motions that infants do with their mouths. It may help promote survival because this action helps the baby take in nourishment. The rooting reflex is the newborn's response to anything that touches her cheek. When you stroke a baby's cheek she will naturally turn her head that way and begin to suck. This may aid survival because it helps the newborn locate a source of food.

27. What is emerging adulthood and what are some factors that have contributed to this new stage of development?

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Answer

Emerging adulthood is a relatively new period of lifespan development from 18 years old to the mid-20s, characterized as a transitional time in which identity exploration focuses on work and love. According to Arnett, changing cultural expectations facilitate the delay to full adulthood. People are spending more time exploring their options, so they are delaying marriage and work as they change majors and jobs multiple times, putting them on a much later timetable than their parents.

29. What is the purpose of hospice care?

Answer

Hospice is a program of services that provide medical, social, and spiritual support for dying people and their families.

Chapter 10: Emotion and Motivation

Review Questions

1. Need for _____ refers to maintaining positive relationships with others.

Answer

B. affiliation

3. _____ is an individual's belief in her capability to complete some task.

Answer

D. self-efficacy

5. According to your reading, nearly _____ of the adult population in the United States can be classified as obese.

Answer

B. one third

7. _____ is characterized by episodes of binge eating followed by attempts to compensate for the excessive amount of food that was consumed.

Answer

D. bulimia nervosa

9. Animal research suggests that in male rats the _____ is critical for the ability to engage in sexual behavior, but not for the motivation to do so.

Answer

C. medial preoptic area of the hypothalamus

11. Which of the following findings was not a result of the Kinsey study?

Answer

A. Sexual desire and sexual ability can be separate functions

13. Individuals suffering from posttraumatic stress disorder have been shown to have reduced volumes of the _____.

Answer

B. hippocampus

15. Which of the following is not one of the seven universal emotions described in this chapter?

Answer

C. melancholy

Critical Thinking Questions

17. How might someone espousing an arousal theory of motivation explain visiting an amusement park?

Answer

The idea of optimal levels of arousal is similar to a drive theory of motivation. Presumably, we all seek to maintain some intermediate level of arousal. If we are underaroused, we are bored. If we are overaroused, we experience stress. The rides at an amusement park would provide higher arousal (however, we would hope that these rides don't actually pose significant threats to personal safety that would lead to a state of panic) to push us toward our own optimal level of arousal. Individuals at the park would choose different rides based on their specific arousal thresholds; for example, one person might find a simple water ride optimally arousing and an extreme roller coaster overarousing, while others would find the extreme roller coaster optimally arousing.

19. The index that is often used to classify people as being underweight, normal weight, overweight, obese, or morbidly obese is called BMI. Given that BMI is calculated solely on weight and height, how could it be misleading?

Answer

Using BMI as a sole metric can actually be misleading because people who have large amounts of lean muscle mass can actually be characterized as being overweight or obese based on their height and weight. Weight versus height is a somewhat crude measurement as it doesn't distinguish the amount of body weight that comes from lean versus fatty tissue.

21. While much research has been conducted on how an individual develops a given sexual orientation, many people question the validity of this research citing that the participants used may not be representative. Why do you think this might be a legitimate concern?

Answer

Given the stigma associated with being non-heterosexual, participants who openly identify as homosexual or bisexual in research projects may not be entirely representative of the non-heterosexual population as a whole.

23. Imagine you find a venomous snake crawling up your leg just after taking a drug that prevented sympathetic nervous system activation. What would the James-Lange theory predict about your experience?

Answer

The James-Lange theory would predict that I would not feel fear because I haven't had the physiological arousal necessary to induce that emotional state.

Chapter 11: Personality

Review Questions

1. Personality is thought to be _____.

Answer

D. long term, stable and not easily changed

3. _____ is credited with the first comprehensive theory of personality.

Answer

D. Freud

5. The id operates on the _____ principle.

Answer

B. pleasure

7. The Oedipus complex occurs in the _____ stage of psychosexual development.

Answer

C. phallic

9. Self-regulation is also known as _____.

Answer

B. will power

11. Jane believes that she got a bad grade on her psychology paper because her professor doesn't like her. Jane most likely has an _____ locus of control.

Answer

B. external

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13. The idea that people's ideas about themselves should match their actions is called _____.

Answer

D. congruence

15. Brianna is 18 months old. She cries frequently, is hard to soothe, and wakes frequently during the night. According to Thomas and Chess, she would be considered _____.

Answer

B. a difficult baby

17. Temperament refers to _____.

Answer

A. inborn, genetically based personality differences

19. The United States is considered a(n) _____ culture.

Answer

B. individualist

21. Which of the following is NOT a projective test?

Answer

A. Minnesota Multiphasic Personality Inventory (MMPI)

23. Which personality assessment employs a series of true/false questions?

Answer

A. Minnesota Multiphasic Personality Inventory (MMPI)

Critical Thinking Questions

25. How might the common expression “daddy’s girl” be rooted in the idea of the Electra complex?

Answer

Since the idea behind the Electra complex is that the daughter competes with her same-sex parent for the attention of her opposite-sex parent, the term “daddy’s girl” might suggest that the daughter has an overly close relationship with her father and a more distant—or even antagonistic—relationship with her mother

27. Describe the difference between extroverts and introverts in terms of what is energizing to each.

Answer

Extroverts are energized by social engagement. Introverts are recharged by solitary time.

29. Compare the personalities of someone who has high self-efficacy to someone who has low self-efficacy.

Answer

People who have high self-efficacy believe that their efforts matter. They perceive their goals as being within reach; have a positive view of challenges, seeing them as tasks to be mastered; develop a deep interest in and strong commitment to the activities in which they are involved; and quickly recover from setbacks. Conversely, people with low self-efficacy believe their efforts have little or no effect, and that outcomes are beyond their control. They avoid challenging tasks because they doubt their abilities to be successful; tend to focus on failure and negative outcomes; and lose confidence in their abilities if they experience setbacks.

31. How might a temperament mix between parent and child affect family life?

Answer

An easygoing parent may be irritated by a difficult child. If both parent and child have difficult temperaments, then conflicts in the parent-child relationship might result quite often.

33. Compare the personality of someone who scores high on agreeableness to someone who scores low on agreeableness.

Answer

A person with a high score on agreeableness is typically pleasant, cooperative, trustworthy and good-natured. People who score low on agreeableness tend to be described as rude and uncooperative. They may be difficult with which to work.

35. Why might a prospective employer screen applicants using personality assessments?

Answer

They can help an employer predict a candidate's reactions and attitudes to various situations they might encounter on the job, thus helping choose the right person for the job. This is particularly important in hiring for a high-risk job such as law enforcement. Personality tests can also reveal a potential employee's desirable qualities such as honesty, motivation, and conscientiousness.

Chapter 12: Social Psychology

Review Questions

1. As a field, social psychology focuses on _____ in predicting human behavior.

Answer

D. situational factors

3. Collectivistic cultures are to _____ as individualistic cultures are to _____.

Answer

B. situational; dispositional

4. According to the actor-observer bias, we have more information about _____.

5. A(n) _____ is a set of group expectations for appropriate thoughts and behaviors of its members.

Answer

B. social norm

7. When it comes to buying clothes, teenagers often follow social norms; this is likely motivated by _____.

Answer

C. fitting in

9. Attitudes describe our _____ of people, objects, and ideas.

Answer

B. evaluations

11. In order for the central route to persuasion to be effective, the audience must be _____ and _____.

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Answer

A. analytical; motivated

13. In the Asch experiment, participants conformed due to _____ social influence.

Answer

B. normative

15. Social loafing occurs when _____.

Answer

C. both a and b (individual performance cannot be evaluated and the task is easy)

17. Prejudice is to _____ as discrimination is to _____.

Answer

A. feelings; behaviors

19. _____ occurs when the out-group is blamed for the in-group's frustration.

Answer

C. scapegoating

21. Typically, bullying from boys is to _____ as bullying from girls is to _____.

Answer

B. physical harm; emotional harm

23. The bystander effect likely occurs due to _____.

Answer

C. diffusion of responsibility

25. After moving to a new apartment building, research suggests that Sam will be most likely to become friends with _____.

Answer

A. his next door neighbor

27. According to the triangular theory of love, what type of love is defined by passion and intimacy but no commitment?

Answer

C. romantic love

Critical Thinking Questions

29. Compare and contrast situational influences and dispositional influences and give an example of each. Explain how situational influences and dispositional influences might explain inappropriate behavior.

Answer

A situationism view is that our behaviors are determined by the situation—for example, a person who is late for work claims that heavy traffic caused the delay. A dispositional view is that our behaviors are determined by personality traits—for example, a driver in a road rage incident claims the driver who cut her off is an aggressive person. Thus, a situational view tends to provide an excuse for inappropriate behavior, and a dispositional view tends to lay blame for inappropriate behavior.

31. Why didn't the "good" guards in the Stanford prison experiment object to other guards' abusive behavior? Were the student prisoners simply weak people? Why didn't they object to being abused?

Answer

The good guards were fulfilling their social roles and they did not object to other guards' abusive behavior because of the power of the situation. In addition, the prison supervisor's behavior sanctioned the guards' negative treatment of prisoners. The prisoners were not weak people; they were recruited because they were healthy, mentally stable adults. The power of their social role influenced them to engage in subservient prisoner behavior. The script for prisoners is to accept abusive behavior from authority figures, especially for punishment, when they do not follow the rules.

33. Give an example (one not used in class or your text) of cognitive dissonance and how an individual might resolve this.

Answer

One example is choosing which college to attend—the public school close to home or the Ivy League school out of state. Since both schools are desirable, the student is likely to experience cognitive dissonance in making this decision. In order to justify choosing the public school close to home, the student could change her cognition about Ivy League school, asserting that it is too expensive and the quality of education at the public school is just as good. She could change her attitude toward the Ivy League school and determine that the students there are too stuffy and wouldn't make good classmates.

35. Describe how seeking outside opinions can prevent groupthink.

Answer

Outsiders can serve as a quality control by offering diverse views and views that may differ from the leader's opinion. The outsider can also remove the illusion of invincibility by having the group's action held up to outside scrutiny. An outsider may offer additional information and uncover information that group members withheld.

37. Some people seem more willing to openly display prejudice regarding sexual orientation than prejudice regarding race and gender. Speculate on why this might be.

Answer

In the United States, many people believe that sexual orientation is a choice, and there is some debate in the research literature as to the extent sexual orientation is biological or influenced by social factors. Because race and gender are not chosen, many Americans believe it is unfair to negatively judge women

or racial minority groups for a characteristic that is determined by genetics. In addition, many people in the United States practice religions that believe homosexuality is wrong.

39. Compare and contrast hostile and instrumental aggression.

Answer

Hostile aggression is intentional with the purpose to inflict pain. Hostile aggression is often motivated by anger. In contrast, instrumental aggression is not motivated by anger or the intention to cause pain. Instrumental aggression serves as a means to reach a goal. In a sense it is a more practical or functional form of aggression, whereas hostile aggression is more emotion-driven and less functional and rational.

41. Describe what influences whether relationships will be formed.

Answer

Proximity is a major situational factor in relationship formation; people who have frequent contact are more likely to form relationships. Whether or not individuals will form a relationship is based on non-situational factors such as similarity, reciprocity, self-disclosure, and physical attractiveness. In relationships, people seek reciprocity (i.e., a give and take in costs and benefits), self-disclosure of intimate information, and physically attractive partners.

Chapter 13: Industrial-Organizational Psychology

Review Questions

1. Who was the first psychologist to use psychology in advertising?

Answer

C. Walter Dill Scott

3. Which area of I-O psychology measures job satisfaction?

Answer

B. organizational psychology

5. Which of the following questions is illegal to ask in a job interview in the United States?

Answer

B. Which state were you born in?

7. Who is responsible for enforcing federal laws that make it illegal to discriminate against a job applicant?

Answer

C. U.S. Equal Employment Opportunity Commission

9. Which practice is an example of Theory X management?

Answer

C. keystroke monitoring

11. Which of the following is the most strongly predictive factor of overall job satisfaction?

Answer

D. work content

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13. What aspect of an office workstation would a human factors psychologist be concerned about?

Answer

A. height of the chair

Critical Thinking Questions

15. What societal and management attitudes might have caused organizational psychology to develop later than industrial psychology?

Answer

Answers will vary. The student should allude to the fact that organizational psychology finds social relations of employees important and that historically workers were thought of more as individual machines rather than a social group.

17. Construct a good interview question for a position of your choosing. The question should relate to a specific skill requirement for the position and you will need to include the criteria for rating the applicants answer.

Answer

Answers will vary depending on the occupation and question. The question should relate to a specific skill for the job and the rating should relate to how the answer demonstrates the skill.

19. If you designed an assessment of job satisfaction, what elements would it include?

Answer

Answers may vary, but they should include that the assessment would include more than one question to try to understand the reasons for the level of job satisfaction. It may also include questions that assess the importance of emotional and cognitive job satisfaction factors.

21. What role could a flight simulator play in the design of a new aircraft?

Answers will vary, but they should include that the simulator would be used to determine how pilots interact with the controls and displays within the cockpit, including under conditions of simulated emergencies.

Chapter 14: Stress, Lifestyle, and Health

Review Questions

1. Negative effects of stress are most likely to be experienced when an event is perceived as _____.

Answer

D. threatening, and no clear options for dealing with it are apparent

3. At which stage of Selye's general adaptation syndrome is a person especially vulnerable to illness?

Answer

A. exhaustion

5. According to the Holmes and Rahe scale, which life event requires the greatest amount of readjustment?

Answer

D. death of spouse

7. What is one of the major criticisms of the Social Readjustment Rating Scale?

Answer

C. It does not take into consideration how a person appraises an event.

9. The white blood cells that attack foreign invaders to the body are called _____.

Answer

C. lymphocytes

11. The most lethal dimension of Type A behavior pattern seems to be _____.

Answer

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A. hostility

13. Emotion-focused coping would likely be a better method than problem-focused coping for dealing with which of the following stressors?

Answer

A. terminal cancer

15. Relative to those with low levels of social support, individuals with high levels of social support _____.

Answer

D. tend to tolerate stress well

17. Which of the following is not one of the presumed components of happiness?

Answer

B. learning new skills

19. How does positive affect differ from optimism?

Answer

C. Positive affect involves feeling states, whereas optimism involves expectations.

Critical Thinking Questions

21. Provide an example (other than the one described earlier) of a situation or event that could be appraised as either threatening or challenging.

Answer

Answers will vary. One example is divorce. People may perceive a divorce as a threat if they believe it will result in loneliness, change of lifestyle (due to loss of additional income), or humiliation in the eyes of their family. However, divorce may be perceived as a challenge if they view it as an opportunity to find somebody more compatible, and if they consider the process of finding a new partner a pleasant one, perhaps involving mystery and excitement.

23. Review the items on the Social Readjustment Rating Scale. Select one of the items and discuss how it might bring about distress and eustress.

Answer

Answers will vary. For example, many people look forward to celebrating the Christmas holiday, but it can be stressful in that it requires some degree of readjustment. Getting together with family may bring eustress, while the schedule and travel demands of may bring distress. Giving gifts to others and seeing their enjoyment may bring eustress, but the financial burden associated with buying presents could produce distress. Each of these things requires making some minor adjustments to one's life, and thus is considered somewhat stressful.

25. Discuss the concept of Type A behavior pattern, its history, and what we now know concerning its role in heart disease.

Answer

Type A was conceptualized as a behavioral style characterized by competitiveness, time urgency, impatience, and anger/hostility. It was later discovered, however, that anger/hostility seems to be the dimension that most clearly predicts heart disease.

27. Although problem-focused coping seems to be a more effective strategy when dealing with stressors, do you think there are any kinds of stressful situations in which emotion-focused coping might be a better strategy?

Answer

Emotion-focused coping would likely be a better coping strategy in situations in which a stressor is uncontrollable, or in which nothing could otherwise be done about it, such as a fatal illness.

29. In considering the three dimensions of happiness discussed in this section (the pleasant life, the good life, and the meaningful life), what are some steps you could take to improve your personal level of happiness?

Answers will vary, but may include mentioning things that boost positive emotions (the pleasant life), developing and using skills and talents (the good life), and using one's talents to help others (the meaningful life).

Chapter 15: Psychological Disorders

Review Questions

1. In the harmful dysfunction definition of psychological disorders, dysfunction involves _____.

Answer

A. the inability of an psychological mechanism to perform its function

3. The letters in the abbreviation DSM-5 stand for _____.

Answer

D. Diagnostic and Statistical Manual of Mental Disorders

5. The diathesis-stress model presumes that psychopathology results from _____.

Answer

A. vulnerability and adverse experiences

7. In which of the following anxiety disorders is the person in a continuous state of excessive, pointless worry and apprehension?

Answer

9. Which of the following best illustrates a compulsion?

Answer

A. mentally counting backward from 1,000

11. Symptoms of PTSD include all of the following except _____.

Answer

D. physical complaints that cannot be explained medically

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13. Common symptoms of major depressive disorder include all of the following except _____.

Answer

A. periods of extreme elation and euphoria

15. Clifford falsely believes that the police have planted secret cameras in his home to monitor his every movement. Clifford's belief is an example of _____.

Answer

A. a delusion

17. Dissociative amnesia involves _____.

Answer

B. memory loss following stress

19. People with borderline personality disorder often _____.

Answer

C. are impulsive and unpredictable

21. Which of the following is not a primary characteristic of ADHD?

Answer

C. restricted and fixated interest

Critical Thinking Questions

23. Discuss why thoughts, feelings, or behaviors that are merely atypical or unusual would not necessarily signify the presence of a psychological disorder. Provide an example.

Answer

Just because something is atypical or unusual does not mean it is disordered. A person may experience atypical inner experiences or exhibit unusual behaviors, but she would not be considered disordered if they are not distressing, disturbing, or reflecting a dysfunction. For example, a classmate might stay up all night studying before exams; although atypical, this behavior is unlikely to possess any of the other criteria for psychological disorder mentioned previously.

25. The International Classification of Diseases (ICD) and the DSM differ in various ways. What are some of the differences in these two classification systems?

Answer

The ICD is used primarily for making clinical diagnoses and more broadly for examining the general health of populations and monitoring the international prevalence of diseases and other health problems. While the DSM is also used for diagnostic purposes, it is also highly valued as a research tool. For example, much of the data regarding the etiology and treatment of psychological disorders are based on diagnostic criteria set forth in the DSM.

27. Describe how cognitive theories of the etiology of anxiety disorders differ from learning theories.

Answer

Learning theories suggest that some anxiety disorders, especially specific phobia, can develop through a number of learning mechanisms. These mechanisms can include classical and operant conditioning, modeling, or vicarious learning. Cognitive theories, in contrast, assume that some anxiety disorder, especially panic disorder, develop through cognitive misinterpretations of anxiety and other symptoms.

29. List some of the risk factors associated with the development of PTSD following a traumatic event.

Answer

Risk factors associated with PTSD include gender (female), low socioeconomic status, low intelligence, personal and family history of mental illness, and childhood abuse or trauma. Personality factors, including neuroticism and somatization, may also serve as risk factors. Also, certain versions of a gene that regulates serotonin may constitute a diathesis.

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31. Why is research following individuals who show prodromal symptoms of schizophrenia so important?

Answer

This kind of research is important because it enables investigators to identify potential warning signs that predict the onset of schizophrenia. Once such factors are identified, interventions may be developed.

33. Imagine that a child has a genetic vulnerability to antisocial personality disorder. How might this child's environment shape the likelihood of developing this personality disorder?

Answer

The environment is likely to be very instrumental in determining the likelihood of developing antisocial personality disorder. Research has shown that adverse family environments (e.g., divorce or marital problems, legal problems, and drug use) are connected to antisocial personality disorder, particularly if one is genetically vulnerable. Beyond one's family environment, peer group delinquency and community variables (e.g., economic deprivation, community disorganization, drug use, and the presence of adult antisocial models) heighten the risk of violent behavior.

Chapter 16: Therapy and Treatment

Review Questions

1. Who of the following does not support the humane and improved treatment of mentally ill persons?

Answer

B. medieval priests

3. Joey was convicted of domestic violence. As part of his sentence, the judge has ordered that he attend therapy for anger management. This is considered _____ treatment.

Answer

A. involuntary

5. The idea behind _____ is that how you think determines how you feel and act.

Answer

A. cognitive therapy

7. Clay is in a therapy session. The therapist asks him to relax and say whatever comes to his mind at the moment. This therapist is using _____, which is a technique of _____.

Answer

D. free association; psychoanalysis

9. What happens during an intake?

Answer

A. The therapist gathers specific information to address the client's immediate needs such as the presenting problem, the client's support system, and insurance status. The therapist informs the client about confidentiality, fees, and what to expect in a therapy session.

11. When an individual has two or more diagnoses, which often includes a substance-related diagnosis and another psychiatric diagnosis, this is known as _____.

Answer

B. comorbid disorder

13. The sociocultural perspective looks at you, your behaviors, and your symptoms in the context of your _____.

Answer

C. culture and background

Critical Thinking Questions

15. People with psychological disorders have been treated poorly throughout history. Describe some efforts to improve treatment, include explanations for the success or lack thereof.

Answer

Beginning in the Middle Ages and up until the mid-20th century, the mentally ill were misunderstood and treated cruelly. In the 1700s, Philippe Pinel advocated for patients to be unchained, and he was able to affect this in a Paris hospital. In the 1800s, Dorothea Dix urged the government to provide better funded and regulated care, which led to the creation of asylums, but treatment generally remained quite poor. Federally mandated deinstitutionalization in the 1960s began the elimination of asylums, but it was often inadequate in providing the infrastructure for replacement treatment.

17. Imagine that you are a psychiatrist. Your patient, Pat, comes to you with the following symptoms: anxiety and feelings of sadness. Which therapeutic approach would you recommend and why?

Answer

I would recommend psychodynamic talk therapy or cognitive therapy to help the person see how her thoughts and behaviors are having negative effects.

19. You are conducting an intake assessment. Your client is a 45-year-old single, employed male with cocaine dependence. He failed a drug screen at work and is mandated to treatment by his employer if he wants to keep his job. Your client admits that he needs help. Why would you recommend group therapy for him?

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Answer

The rationale behind using group therapy for addiction treatment is that addicts are much more likely to maintain sobriety when treatment is in a group format. It has been suggested that it's due to the rewarding and therapeutic benefits of the group, such as support, affiliation, identification, and even confrontation. Because this client is single, he may not have family support, so support from the group may be even more important in his ability to recover and maintain his sobriety.

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