1. Jose's medically ideal weight is 250 pounds. He would be considered to be obese when and if he weighs ________ pounds.
   a. 330
   b. 320
   c. 300
   d. 275

2. The pursuit of an activity for an outcome that is separate from the person is called _____________.
   a. extrinsic motivation
   b. a mastery goal
   c. intrinsic motivation
   d. the need for affiliation

3. Seeing a snake, and then simultaneously running away from it and becoming frightened, is the sequence of events postulated by ______ theory.
   a. the James-Lange
   b. Schachter and Singer's
   c. Plutchik's
   d. the Cannon-Bard

4. The part of the brain that seems to influence emotion is the _________ _________.
   a. thalamus
   b. thyroid gland
   c. amygdala
   d. pons

5. According to Abraham Maslow's hierarchy, which needs must be met first?
   a. safety
   b. esteem
   c. belongingness and love
   d. physiological

6. In arousal theory, people are said to have a (an) ________ level of tension.
7. The process by which the facial muscles send messages to the brain about the basic emotion being expressed is called ____________.
   a. body language
   b. facial feedback
   c. internal emotion work
   d. primary emotional processing

8. Which two different terms best describe Schachter and Singer's theory of emotion?
   a. arousal and physiology
   b. behavior and genetics
   c. nature and nurture
   d. arousal and context

9. What do we call biologically determined, innate patterns of behavior?
   a. universal behaviors
   b. instincts
   c. releasing behaviors
   d. drives

10. Schachter and Singer proposed that two things have to happen before emotion occurs: _____ and _____.
    a. physical arousal; fight or flight
    b. physical arousal; labeling
    c. cognition; behavior
    d. behavior; physical arousal

11. Which level of Abraham Maslow's hierarchy is epitomized by the U.S. Army's slogan "Be all that you can be"?
    a. self-esteem
    b. belongingness
    c. safety
    d. self-actualization
12. According to cognitive-mediational theories, appraisal of the situation would come ____ the physical arousal and ____ the experience of emotion.
   a. before; before
   b. before; after
   c. after; after
   d. after; before

13. Which of the following is the correct order of the stages of the GTD method discussed in your chapter?
   a. Do, Process, Capture, Organize, Complete
   b. Capture, Process, Organize, Complete, Do
   c. Process, Organize, Capture, Do, Complete
   d. Capture, Organize, Process, Do, Complete

14. Some psychologists believe that an organism's behavior is motivated by the need to achieve a state of balance in which the body functions effectively—a state called _____.
   a. unbalance
   b. homeostasis
   c. propinquity
   d. acquiescence

15. Which of the following is correct concerning the interaction of culture and food?
   a. American women eat when they are depressed, whereas Japanese women eat because of social demands.
   b. American men and women both eat to reduce depression, whereas Japanese men and women eat to reduce anger.
   c. Japanese men eat more than both American men and women.
   d. There are no differences in the eating habits of American and Japanese men and women.

16. Which theory states that a stimulus triggers physiological changes that produce emotion?
   a. James-Lange theory
   b. commonsense view of emotions
   c. Schachter-Singer theory
   d. Cannon-Bard theory
17. **Problematic functioning of which of the following hormones can lead to overeating?**
   a. lipotor
   b. leptin
   c. peptic acid
   d. adrenaline

18. **Need for achievement is also referred to as ______________.**
   a. neech
   b. NFA
   c. nAch
   d. Ach

19. **BMR stands for ______________.**
   a. basal metabolic rate
   b. buttocks management reduction
   c. bowel movement regulation
   d. basal management regulation

20. **One interesting thing about incentive approaches is that incentives __________.**
   a. exist inside a narrow collection of internal stimuli
   b. only work for adults
   c. exist independently of any need or level of arousal
   d. are inherited
Test Name: LAMC Psych 1 Chapter-9 Review Quiz

1. c.300
   Feedback:

   Hints:
   1. See page 368 of your textbook.

2. a. extrinsic motivation
   Feedback:

   Hints:
   1. See page 354 of your textbook.

3. d. the Cannon-Bard
   Feedback:

   Hints:
   1. See page 376 of your textbook.

4. c. amygdala
   Feedback:

   Hints:
   1. See page 372 of your textbook.

5. d. physiological
   Feedback:

   Hints:
   1. See page 362 of your textbook.
6. d.optimal
   Feedback:
   Hints:
   1. See page 359 of your textbook.

7. b.facial feedback
   Feedback:
   Hints:
   1. See page 377–379 of your textbook.

8. d.arousal and context
   Feedback:
   Hints:
   1. See page 377 of your textbook.

9. b.instincts
   Feedback:
   Hints:
   1. See page 355 of your textbook.

10. b.physical arousal; labeling
    Feedback:
    Hints:
    1. See page 377 of your textbook.
11. d. self-actualization

**Feedback:**

**Hints:**
1. See page 361 of your textbook.

12. a. before; before

**Feedback:**

**Hints:**
1. See page 379 of your textbook.

13. b. Capture, Process, Organize, Complete, Do

**Feedback:**

**Hints:**
1. See page 382 of your textbook.

14. b. homeostasis

**Feedback:**

**Hints:**
1. See page 355 of your textbook.

15. a. American women eat when they are depressed, whereas Japanese women eat because of social demands.

**Feedback:**

**Hints:**
1. See page 368 of your textbook.
16. a. James-Lange theory  
**Feedback:**
**Hints:**  
1. See page 376 of your textbook.

17. a. lipotor  
**Feedback:**
**Hints:**  
1. See page 368 of your textbook.

18. c. nAch  
**Feedback:**
**Hints:**  
1. See page 357 of your textbook.

19. a. basal metabolic rate  
**Feedback:**
**Hints:**  
1. See page 366 of your textbook.

20. c. exist independently of any need or level of arousal  
**Feedback:**
**Hints:**  
1. See page 361 of your textbook.