Chapter 2: The Modification of Instinctive Behavior

Test Bank

Multiple Choice

1. A decrease in a response due to repeated exposures is called _____.
A. sensitization
B. habituation
C. higher-order conditioning
D. modeling
Ans: B
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Knowledge
Difficulty Level: Easy

2. Mark is walking alone in the woods. At first, he was scared from all the sounds, but as time progressed his fear decreased. Mark is experiencing _____.
A. habituation
B. sensitization
C. behavioral contrast
D. higher-order conditioning
Ans: A
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Comprehension
Difficulty Level: Medium

3. Maurice was walking down a street in a new city where he has never been before. At first, he was frightened from all the cars, noise, and the people. However, as time progressed, Maurice became less and less fearful. Maurice is experiencing _____.
A. behavioral contrast
B. sensitization
C. habituation
D. higher-order conditioning
Ans: C
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Comprehension
Difficulty Level: Medium

4. Steve cannot stand the smell of cigarette smoke. However, when he goes to a casino there is a lot of cigarette smoke. At first, Steve can barely stand it. However, as time goes on, Steve no longer smells the smoke. Steve is experiencing _____.
A. higher-order conditioning
B. habituation

C. sensitization
D. behavioral contrast
Ans: B
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Comprehension
Difficulty Level: Medium

5. Initially, Janice could not stand the smell of the neighbor's dog when she went to their house. After several times, Janice no longer smells the dog when she enters the house. Janice is experiencing _____.
A. habituation
B. higher-order conditioning
C. behavioral contrast
D. sensitization
Ans: A
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Comprehension
Difficulty Level: Medium

6. An increase in a response due to repeated exposures is called _____.
A. sensitization
B. habituation
C. higher-order conditioning
D. modeling
Ans: A
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Knowledge
Difficulty Level: Easy

7. Mark is walking alone in the woods. At first, he was scared from all the sounds. But as time passed his fear began to decrease. Then, a loud twig snapped behind him and Mark jumped. Now Mark is hearing twigs snapping all around him. Mark is experiencing _____.
A. habituation
B. sensitization
C. behavioral contrast
D. higher-order conditioning
Ans: B
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Comprehension
Difficulty Level: Medium

8. Last night, when Janice was trying to go to sleep she heard a band playing music. At first it was just irritating. But over time, the band actually sounded like it was getting louder even though it was not. This is an example of _____.
A. higher-order conditioning

B. habituation
C. sensitization
D. behavioral contrast
Ans: C
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Comprehension
Difficulty Level: Medium

9. The first time Frederick consumed raspberries he experienced some minor itchiness and tingling. Now every time Frederick consumes raspberries he breaks out in hives all over his body. Frederick is experiencing _____.
A. sensitization
B. habituation
C. higher-order conditioning
D. modeling
Ans: A
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Comprehension
Difficulty Level: Medium

10. Susan is a skier and never worried about driving in the snow. One day on the way to the ski resort she skidded off the road after hitting some ice. Now every time that Susan has to drive in the snow she becomes very nervous and scared. This is an example of _____.
A. behavioral contrast
B. sensitization
C. habituation
D. higher-order conditioning
Ans: B
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Comprehension
Difficulty Level: Medium

11. McSweeney and Murphy demonstrated that _____ can cause a reward to lose its effectiveness.
A. sensitization
B. habituation
C. opponent process
D. behavioral contrast
Ans: B
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Knowledge
Difficulty Level: Easy

12. McSweeney and Murphy demonstrated that _____ can cause a reward to increase its effectiveness.

A. sensitization
B. habituation
C. opponent process
D. behavioral contrast
Ans: A
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Knowledge
Difficulty Level: Easy

13. The stronger the stimuli are, the more _____ you will experience.
A. behavioral contrast
B. opponent process
C. habituation
D. sensitization
Ans: D
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Knowledge
Difficulty Level: Easy

14. The weaker the stimulus, the more _____ you will experience.
A. higher-order conditioning
B. second-order conditioning
C. sensitization
D. habituation
Ans: D
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Knowledge
Difficulty Level: Easy

15. Sam goes to a new restaurant where the waitress recommends the Calamari. Although appetizing, Sam only consumed a small amount, relying instead on massive quantities of French Fries. The next time, however, Sam was enthusiastic and consumed a three servings of Calamari. This is an example of _____.
A. ingestional neophobia
B. sensitization
C. habituation
D. dishabituation
Ans: A
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Application
Difficulty Level: Medium

16. Curtis is going to Scotland. When he arrives, his friends take him to a pub where they serve beer and Haggis. After consuming a small amount of the Haggis, Curtis ate Scottish salmon. However, the next time Curtis enters the pub, he had three helpings of the Haggis. This is an example of

A. Ingestional Neophobia.
B. Sensitization.
C. Habituation.
D. Dishabituation.
Ans: A.
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Application
Difficulty Level: Medium

17. Which always has a temporary effect?
A. disinhibition
B. behavioral contrast
C. sensitization
D. habituation
Ans: C
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Knowledge
Difficulty Level: Easy

18. At a buffet restaurant I observe people eating lots and lots of food. Then they stop. After about 2 min they get up and go to the dessert area where they get large servings of ice cream and cake. They then return and eat these items. Which concepts explain why the individual would eat the dessert after eating a huge meal?
A. disinhibition
B. sensitization
C. higher-order conditioning
D. habituation
Ans: B
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Comprehension
Difficulty Level: Hard

19. Marcus and Valerie go to a restaurant where he has a nice dinner. When the server arrives and asks for a dessert order Marcus declines. However, Valerie does not. When dessert arrives, Marcus has a sample of Valerie's dessert. Then orders a serving for himself. The reason Marcus consumes the dessert is due to _____.
A. habituation
B. sensitization
C. dishabituation
D. behavioral contrast
Ans: B
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Comprehension
Difficulty Level: Hard

20. Which of the following does not impact habituation?

A. more frequent stimulus presentations
B. changing characteristics of the stimulus
C. weaker stimuli
D. intense stimuli
Ans: D
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Knowledge
Difficulty Level: Medium

21. _____ always has a temporary effect.
A. Sensitization
B. Dishabituation
C. Behavioral contrast
D. Habituation
Ans: A
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Knowledge
Difficulty Level: Easy

22. According to Groves and Thompson, drugs that stimulate the central nervous system are more likely to produce _____.
A. habituation to a stimulus
B. emotional distress to a stimulus
C. sensitization to a stimulus
D. a fixed action pattern
Ans: C
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Knowledge
Difficulty Level: Medium

23. While trying to study, your roommate turns on the television. At first you are annoyed and distracted but soon you are able to concentrate on studying. Your roommate then suddenly sneezes, interrupts your concentration and the TV again annoys you. This exemplifies _____.
A. a reduced B state
B. a reduced A state
C. dishabituation
D. sensitization.
Ans: C
Learning Objective: 2-3: Describe the dishabituation process.
Cognitive Domain: Application
Difficulty Level: Medium

24. While trying to sleep, the people next door turn on some rock “n” roll stereo. At first you are annoyed and distracted but soon you start to relax. Then, just when you are

about to go to sleep, a hip-hop song begins and you again become annoyed and distracted. This is an example of _____.
A. dishabituation
B. sensitization
C. a reduced B state
D. a reduced A state
Ans: A
Learning Objective: 2-3: Describe the dishabituation process.
Cognitive Domain: Comprehension
Difficulty Level: Hard

25. You are listening to some quiet music when some people outside play some heavy metal music on their car stereo. At first you are annoyed and upset, but then you tune out the heavy metal music and begin again to enjoy the quiet music you are listening to. Then the stereo begins to play a country song and you become annoyed and upset again. This is an example of _____.
A. sensitization
B. habituation
C. dishabituation
D. a reduced A state
Ans: C
Learning Objective: 2-3: Describe the dishabituation process.
Cognitive Domain: Comprehension
Difficulty Level: Medium

26. The fact that dishabituation occur so readily suggests that _____.
A. learning theorists have ignored important instinctive sources of motivation and behavior
B. there must be some innate tendency to ignore stimuli that are unimportant
C. evolutionary theory cannot explain the wide said nature of habituation
D. all animals have common evolutionary ancestor
Ans: B
Learning Objective: 2-3: Describe the dishabituation process.
Cognitive Domain: Application
Difficulty Level: Hard

27. When Joe had his first Big Mac, he experienced a strong salivary response to the visual and olfactory cues of the Big Mac. After he has consumed Big Macs every day for the past 10 days, he no longer salivates as much to the Big Mac, but does salivate to the McDonald's apple pie. This is an example of _____.
A. sensitization
B. disinhibition
C. behavioral contrast
D. dishabituation
Ans: D
Learning Objective: 2-3: Describe the dishabituation process.

Cognitive Domain: Application
Difficulty Level: Hard

28. Habituation allows us to _____, while _____ reinstates the response in case the stimuli become important.
A. disinhibition; sensitization
B. disinhibition; dishabilitation
C. habituation; sensitization
D. sensitization; dishabilitation
Ans: C
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Application
Difficulty Level: Medium

29. Cellular modification theory _____.
A. suggests that learning is temporary and changes as a result of experience
B. suggests that learning is permanent and does not change as a result of experience
C. suggests that learning permanently alters the functioning of specific neural systems
D. suggests that learning temporarily alters the functioning of specific neural systems
Ans: C
Learning Objective: 2-4: Discuss the changes in physiological processes that accompany habituation, sensitization, and dishabituation.
Cognitive Domain: Knowledge
Difficulty Level: Medium

30. Cellular modification theory suggests that _____.
A. neural changes can only change existing neural circuits
B. neural changes can only change new neural circuits
C. neural changes can change existing neural circuits or establish new neural circuits
D. neural changes have no impacts on any neural circuits
Ans: C
Learning Objective: 2-4: Discuss the changes in physiological processes that accompany habituation, sensitization, and dishabituation.
Cognitive Domain: Knowledge
Difficulty Level: Medium

31. *Aplysia Californica* is a _____.
A. rat
B. sea snail
C. fish
D. way of analyzing a particular response
Ans: B
Learning Objective: 2-4: Discuss the changes in physiological processes that accompany habituation, sensitization, and dishabituation.
Cognitive Domain: Knowledge
Difficulty Level: Easy

32. The tail of Aplysia is electrically shocked and elicits a strong defensive response. Following the electric shock the experimenter lightly touches the Aplysia. What type of response does Aplysia elicit?
A. no response
B. a mild response
C. an intense response
D. an intense response followed by a mild response
Ans: C
Learning Objective: 2-4: Discuss the changes in physiological processes that accompany habituation, sensitization, and dishabituation.
Cognitive Domain: Application
Difficulty Level: Medium

33. In Aplysia, _____ results from a decrease in neurotransmitter release in a neural circuit that produces the withdrawal response.
A. sensitization
B. habituation
C. dishabituation
D. the A state
Ans: B
Learning Objective: 2-4: Discuss the changes in physiological processes that accompany habituation, sensitization, and dishabituation.
Cognitive Domain: Knowledge
Difficulty Level: Medium

34. In Aplysia, _____ results from an increase in neurotransmitter release in a neural circuit that produces the withdrawal response.
A. habituation
B. dishabituation
C. disinhibition
D. both habituation and dishabituation
Ans: B.
Learning Objective: 2-4: Discuss the changes in physiological processes that accompany habituation, sensitization, and dishabituation.
Cognitive Domain: Knowledge
Difficulty Level: Medium

35. In Aplysia, _____ results from an increase in neurotransmitter release in a neural circuit that produces the withdrawal response.
A. habituation
B. dishabituation
C. sensitization
D. both dishabituation and sensitization are correct
Ans: D

Learning Objective: 2-4: Discuss the changes in physiological processes that accompany habituation, sensitization, and dishabituation.
Cognitive Domain: Knowledge
Difficulty Level: Medium

36. Opponent process theory was developed by _____.
A. Kandel
B. McSweeney
C. Solomon and Corbit
D. Creighton
Ans: C
Learning Objective: 2-5: Recall the opponent-process theory of emotion.
Cognitive Domain: Knowledge
Difficulty Level: Easy

37. All responses create some type of initial reaction. This reaction is called _____.
A. the A state
B. the B state
C. the C state
D. the D state
Ans: A
Learning Objective: 2-5: Recall the opponent-process theory of emotion.
Cognitive Domain: Knowledge
Difficulty Level: Easy

38. Taking a comprehensive final would cause you to experience a strong _____.
A. A state
B. B state
C. C state
D. D state
Ans: A
Learning Objective: 2-5: Recall the opponent-process theory of emotion.
Cognitive Domain: Comprehension
Difficulty Level: Medium

39. Having three drinks of alcohol would cause you to experience a strong _____.
A. A state
B. B state
C. C state
D. D state
Ans: A
Learning Objective: 2-5: Recall the opponent-process theory of emotion.
Cognitive Domain: Application
Difficulty Level: Medium

40. Having three drinks of alcohol would cause you to _____.

A. experience a strong A state
B. experience a week A state
C. experience a strong B state
D. have no impact on either the A state or B state
Ans: C
Learning Objective: 2-5: Recall the opponent-process theory of emotion.
Cognitive Domain: Application
Difficulty Level: Medium

41. Mark was taking a comprehensive final in biochemistry. After completing the exam, Mark feels relaxed. This is an example of _____.
A. disinhibition
B. dishabituation
C. opponent process
D. enteric withdraw
Ans: C
Learning Objective: 2-5: Recall the opponent-process theory of emotion.
Cognitive Domain: Knowledge
Difficulty Level: Easy

42. Which of the following statements describes the properties of the B state?
A. It is opposite of the A state.
B. It is the same as the A state but more intense.
C. It is the same as the A state but less intense.
D. It is not impacted by the A state.
Ans: A
Learning Objective: 2-5: Recall the opponent-process theory of emotion.
Cognitive Domain: Comprehension
Difficulty Level: Comprehension

43. According to opponent process theory, as the intensity of the B state increases _____.
A. the intensity of the A state also increases
B. the intensity of the A state decreases
C. a C state occurs
D. the A state becomes more resistant to extinction
Ans: B
Learning Objective: 2-5: Recall the opponent-process theory of emotion.
Cognitive Domain: Knowledge
Difficulty Level: Medium

44. Marissa is about to take a comprehensive exam in learning. As she enters the exam she was nervous and tense. This is an example of _____.
A. the A state
B. the B state
C. the C state

D. the D state
Ans: A
Learning Objective: 2-5: Recall the opponent-process theory of emotion.
Cognitive Domain: Comprehension
Difficulty Level: Medium

45. Maurice is about to run 5 miles. As he begins the run he experiences a _____.
A. mild B state
B. aversive A state
C. mild C state
D. aversive B state
Ans: B
Learning Objective: 2-5: Recall the opponent-process theory of emotion.
Cognitive Domain: Comprehension
Difficulty Level: Medium

46. As the intensity of the A state increases, the intensity of the B state _____.
A. also increases
B. decreases
C. decreases then increases
D. remains the same
Ans: A
Learning Objective: 2-5: Recall the opponent-process theory of emotion.
Cognitive Domain: Comprehension
Difficulty Level: Medium

47. George, after years of smoking cigarettes, finds it difficult to quit. Opponent process theory explains his difficulty by stating _____.
A. his action specific energy is too high
B. he encounters too many stimuli for smoking
C. his B state is so strong he needs cigarettes
D. his A state has grown so strong that the B state has been eliminated
Ans: C
Learning Objective: 2-5: Recall the opponent-process theory of emotion.
Cognitive Domain: Knowledge
Difficulty Level: Medium

48. The opponent process theory is especially helpful in understanding _____.
A. how humans learn to be afraid of specific objects
B. schizophrenia
C. manic-depressive psychosis
D. addiction
Ans: D
Learning Objective: 2-6: Explain the nature of the addictive process.
Cognitive Domain: Knowledge
Difficulty Level: Easy

49. Repeated experience with certain events often increases the strength of _____.
A. the A state
B. the B state
C. the C state
D. the D state
Ans: B
Learning Objective: 2-5: Recall the opponent-process theory of emotion.
Cognitive Domain: Knowledge
Difficulty Level: Medium

50. Strengthening of the B state would be responsible for _____.
A. strengthening the C state
B. strengthening the A state
C. withdrawal
D. tolerance
Ans: D
Learning Objective: 2-5: Recall the opponent-process theory of emotion.
Cognitive Domain: Comprehension
Difficulty Level: Medium

51. Experienced parachutists often exhibit _____ B states.
A. prolonged
B. short
C. relief after landing
D. short and extreme relief
Ans: A
Learning Objective: 2-5: Recall the opponent-process theory of emotion.
Cognitive Domain: Knowledge
Difficulty Level: Medium

52. One way to terminate an aversive B state is to _____.
A. have a weak A state
B. experience an event to produce a positive A state
C. provide a C state
D. provide an alternative D state
Ans: B
Learning Objective: 2-5: Recall the opponent-process theory of emotion.
Cognitive Domain: Knowledge
Difficulty Level: Medium

53. Jack is a chronic cocaine user. He reports that he feels really good when he was using cocaine that when coming down he experiences extreme cravings and withdrawal. What could Jack do to help himself with the cravings and withdrawal?
A. Jack could use greater amounts of cocaine.
B. Jack could substitute cocaine with a barbiturate.

C. Jack could drink alcohol while he was using cocaine.
D. Jack could just drink less alcohol and use more cocaine.
Ans: C
Learning Objective: 2-6: Explain the nature of the addictive process.
Cognitive Domain: Application
Difficulty Level: Medium

54. According to Solomon, what must happen for a person to become addicted to a drug?
A. They must recognize that abstinence causes the withdrawal symptoms.
B. They must vary the amount of drug they take.
C. They must have a long time each time they use the drug.
D. none of these
Ans: A
Learning Objective: 2-6: Explain the nature of the addictive process.
Cognitive Domain: Knowledge
Difficulty Level: Medium

55. Every 3 months, Steve goes to a party and snorts some cocaine. However, he never uses cocaine at any other time. According to opponent process model, what should happen to Steve?
A. Steve will show a weak B state.
B. Steve will begin to become addicted.
C. Steve will never become addicted.
D. Steve will become addicted and then stop.
Ans: C
Learning Objective: 2-6: Explain the nature of the addictive process.
Cognitive Domain: Comprehension
Difficulty Level: Medium

56. Choose the best answer. Susan has been parachute jumping weekly for 10 years. Today however, her jump was canceled due to bad weather. Susan will probably _____.
A. be happy
B. be happy, then depressed
C. be depressed
D. do something else
Ans: C
Learning Objective: 2-6: Explain the nature of the addictive process.
Cognitive Domain: Application
Difficulty Level: Medium

57. Mary has a job or on Mondays and Wednesdays that is high pressure and high stress. On Tuesdays and Thursdays there is little pressure and stress. You would expect Susan's mood to generally be _____.
A. more positive on stress filled days

B. more positive on stress free days
C. more depressed on stress filled days
D. more depressed on stress free days
Ans: A
Learning Objective: 2-6: Explain the nature of the addictive process.
Cognitive Domain: Application
Difficulty Level: Hard

58. A person is an alcoholic who is trying to stop drinking. When an aversive A state occurs, what happens?
A. There is an increased A state and that increases the likelihood a person will drink.
B. There is an increased B state that decreases the likelihood a person will drink.
C. There is a decreased A state that increases the likelihood a person will drink.
D. There is a decreased B state that decreases the likelihood a person will drink.
Ans: A
Learning Objective: 2-6: Explain the nature of the addictive process.
Cognitive Domain: Comprehension
Difficulty Level: Hard

59. Mario was about to skydive for the first time. According to opponent process theory, Mario should feel which of the following sequences of emotions during his jump?
A. Mario should feel euphoria then fear.
B. Mario should feel fear then euphoria.
C. Mario should feel fear then panic.
D. Mario should feel euphoria then panic.
Learning Objective: 2-6: Explain the nature of the addictive process.
Cognitive Domain: Comprehension
Difficulty Level: Medium

60. When Johnny first graduated from law school, he was extremely nervous during his first trial. When it was over he was quite relieved. He found that as he worked on more and more cases, his initial nervousness disappeared, yet his sense of relief when it was over increased. This is best explained by _____.
A. habituation
B. risk avoidance theory
C. sensitization
D. opponent process theory
Ans: D
Learning Objective: 2-5: Recall the opponent-process theory of emotion.
Cognitive Domain: Comprehension
Difficulty Level: Medium

61. Instinctive behaviors in many animals _____.
A. cannot change as a result of experience
B. are preprogrammed and can never be changed
C. can be changed using a conditioning experience

D. none of these
Ans: C
Learning Objective: 2-1: Discuss the Lorenz–Tinbergen model of instinctive behavior.
Cognitive Domain: Comprehension
Difficulty Level: Medium

62. An instinctive behavior that results from specific environmental cue is called _____.
A. a sign stimulus
B. a fixed action pattern
C. an action specific energy
D. none of these
Ans: B
Learning Objective: 2-1: Discuss the Lorenz–Tinbergen model of instinctive behavior.
Cognitive Domain: Knowledge
Difficulty Level: Medium

True/False

1. A retrieving behavior is an example of a fixed action pattern.
Ans: T
Learning Objective: 2-1: Discuss the Lorenz–Tinbergen model of instinctive behavior.
Cognitive Domain: Knowledge
Difficulty Level: Comprehension

2. Instinctive processes of many animals are programmed to change as a result of experience.
Ans: T
Learning Objective: 2-1: Discuss the Lorenz–Tinbergen model of instinctive behavior.
Cognitive Domain: Knowledge
Difficulty Level: Medium

3. Decreased anxiety due to giving several speeches is called habituation.
Ans: T
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Comprehension
Difficulty Level: Easy

4. Increased anxiety due to giving several speeches is called habituation.
Ans: F
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Knowledge
Difficulty Level: Easy

5. Eating small amounts of food in a novel situation is called dehabituation.
Ans: F
Learning Objective: 2-2: Describe the habituation and sensitization processes.

Cognitive Domain: Knowledge
Difficulty Level: Medium

6. Habituation can cause a reward to lose its effectiveness.
Ans: T
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Knowledge
Difficulty Level: Medium

7. Stimulus intensity has no impact on the rate of sensitization and habituation.
Ans: F
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Knowledge
Difficulty Level: Medium

8. Habituation and sensitization are relatively fixed and not transient.
Ans: F
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Knowledge
Difficulty Level: Medium

9. Time has no impact on sensitization.
Ans: F
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Knowledge
Difficulty Level: Easy

10. Sensitization reflects an increase readiness to react to ALL stimuli.
Ans: T
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Knowledge
Difficulty Level: Medium

11. Dishabituation and can restore the effectiveness of a reward produced by habituation.
Ans: T
Learning Objective: 2-3: Describe the dishabituation process.
Cognitive Domain: Knowledge
Difficulty Level: Medium

12. Cellular modification theory indicates that learning changes the functioning of neural circuits and new connections.
Ans: T
Learning Objective: 2-4: Discuss the changes in physiological processes that accompany habituation, sensitization, and dishabituation.
Cognitive Domain: Knowledge

Difficulty Level: Easy

13. If a test like this makes you feel nervous and worried, after you are finished with the test you should feel relaxed and relieved.
Ans: T
Learning Objective: 2-5: Recall the opponent-process theory of emotion.
Cognitive Domain: Comprehension
Difficulty Level: Medium

14. Experienced parachutists are less elated after their jobs than parachutists who have just jumped only once or twice.
Ans: F
Learning Objective: 2-5: Recall the opponent-process theory of emotion.
Cognitive Domain: Comprehension
Difficulty Level: Hard

15. According to opponent process theory, you should be more fearful on your first bungee jump than on your 10th bungee jump.
Ans: T
Learning Objective: 2-5: Recall the opponent-process theory of emotion.
Cognitive Domain: Comprehension
Difficulty Level: Hard

Essay

1. Compare and contrast sensitization and habituation.
Ans:
Habituation: Decreased responsiveness with repeated exposures to a stimulus.
Declines with experience.
The weaker the stimulus the more rapid the habituation.
Depends upon specific characteristics of the stimulus.

Sensitization: Increase responsiveness to an environmental stimulus.
Properties of the stimulus do not affect sensitization.
Sensitization is lost rapidly after the sensitizing event ends--is always temporary.
Learning Objective: 2-2: Describe the habituation and sensitization processes.
Cognitive Domain: Comprehension
Difficulty Level: Medium

2. According to opponent process theory, addiction develops in two ways. What are they?
Ans: Addictive behavior is a coping response to an aversive opponent B state.
Individuals must recognize that abstinence causes withdrawal symptoms and that the resumption of addictive behavior after abstinence eliminates or prevents aversive feelings.
Without the aversive withdrawal B state, the motivation for addiction does not exist.

Learning Objective: 2-6: Explain the nature of the addictive process.
Cognitive Domain: Application
Difficulty Level: Medium

3. What is dishabituation? Why is it so important?
Ans: Dishabituation is the recovery of a habituated response as a result of the presentation of the sensitizing stimulus. Essentially, the arousing effect of the stimulus causes a habituated response to return.
Learning Objective: 2-3: Describe the dishabituation process.
Cognitive Domain: Comprehension
Difficulty Level: Medium

4. What is a fixed action pattern? Why is it important?
Ans: A fixed action pattern is an instinctive behavior that is triggered in the presence of a specific environmental cue. An internal block exists for each fixed action pattern and is prevented until it is triggered.
Learning Objective: 2-1: Discuss the Lorenz–Tinbergen model of instinctive behavior.
Cognitive Domain: Comprehension
Difficulty Level: Medium

5. Can experience alter instinctive behavior?
Ans: Yes. Conditioning alters the effectiveness of existing repetitive behavior or changes the sensitivity of the relaxing mechanism to the sign stimulus. It depends on the nature of the conditioning experience. Conditioning can also establish new behaviors or new releasing stimuli.
Learning Objective: 2-1: Discuss the Lorenz–Tinbergen model of instinctive behavior.
Cognitive Domain: Comprehension
Difficulty Level: Medium