

Lesson Quiz 7-1



Altered States of Consciousness

DIRECTIONS: Modified True/False In the blank, indicate whether the statement is true (T) or false (F). If false, edit the statement to make it a true statement.

- _____ 1. When a person goes into a deep sleep, the brain becomes inactive.

- _____ 2. The three levels of consciousness identified by Sigmund Freud are conscious, preconscious, and unconscious.

- _____ 3. When a person is experiencing sleep apnea, he or she is actually suffocating.

- _____ 4. Sleep cycles are controlled by circadian rhythms.

- _____ 5. People rarely remember nightmares, but the more vivid night terrors are easily recalled.

DIRECTIONS: Multiple Choice Indicate the answer choice that best completes the statement or answers the question.

- _____ 6. How much sleep time is spent in NREM sleep?
 - A. up to 10 minutes
 - B. 15 to 45 minutes
 - C. 50 percent of the time spent asleep
 - D. 75 percent of the time spent asleep
- _____ 7. Which of the following occurs during REM sleep?
 - A. dreaming
 - B. sleepwalking
 - C. delta waves
 - D. regular pulse rate
- _____ 8. During which stage of sleep does most dreaming take place?
 - A. Stage I
 - B. Stage III
 - C. Stage IV
 - D. REM
- _____ 9. Our appetites are regulated by
 - A. the 24-hour day.
 - B. the environment.
 - C. circadian rhythms.
 - D. diet and exercise.
- _____ 10. Which of the following word pairs best summarize Freud's and Crick's differing explanations for dreaming?
 - A. clues; housecleaning
 - B. functional; functionless
 - C. mundane; fantasy
 - D. fear; creativity

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Lesson Quiz 7-2



Altered States of Consciousness

DIRECTIONS: True/False In the blank, indicate whether the statement is true (T) or false (F).

- _____ 1. Hypnosis and meditation are both forms of sleep.
- _____ 2. Psychologists do not agree about the nature of hypnosis, although all agree that it is a useful therapeutic practice.
- _____ 3. Hypnosis puts people in a trance-like state, similar to Stage IV sleep.
- _____ 4. One use of biofeedback is to learn to relax the muscle responsible for most tension headaches.
- _____ 5. Researchers disagree about the benefits of meditation, because it is based on untested cultural practices.

DIRECTIONS: Multiple Choice Indicate the answer choice that best completes the statement or answers the question.

- _____ 6. During hypnosis, the participant's shifting of perceptual awareness is much like
 - A. falling asleep easily in a safe place.
 - B. becoming aware of one's breathing when someone mentions it.
 - C. becoming fully present to everything at once.
 - D. finding something that has been lost.
- _____ 7. _____ refers to a reduction of pain reported by patients after undergoing hypnosis.

A. Flow state	C. Hypnotic analgesia
B. Biofeedback	D. Posthypnotic suggestion
- _____ 8. A person who has been hypnotized is highly suggestible, which means that the person
 - A. can be induced to give over control of his or her conscious awareness.
 - B. is easily swayed by a more powerful personality than his or her own.
 - C. can be readily convinced to share personal details.
 - D. is easily fooled by the theatrical nature of hypnosis into believing that what he or she is experiencing is real.
- _____ 9. Transcendental meditation is associated with

A. Buddhist traditions.	C. focusing on the present moment.
B. mental repetition of a mantra.	D. concentration on one's respiration.
- _____ 10. The controversy regarding whether and how meditation works has focused on similar effects that can sometimes be achieved by

A. hallucinating.	C. exercising.
B. relaxing.	D. being hypnotized.

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Lesson Quiz 7-3



Altered States of Consciousness

DIRECTIONS: True/False In the blank, indicate whether the statement is true (T) or false (F).

- _____ 1. Stimulants and depressants are considered psychoactive drugs.
- _____ 2. Many users become physically addicted to marijuana, making it difficult for them to "kick" the habit.
- _____ 3. Barbiturates are routinely used today in the treatment of insomnia and anxiety.
- _____ 4. A stimulant such as alcohol or marijuana initially causes increased energy and improved alertness.
- _____ 5. Effective drug treatment usually begins with the abuser admitting that he or she has a problem.

DIRECTIONS: Multiple Choice Indicate the answer choice that best completes the statement or answers the question.

- _____ 6. Which of the following is true of psychoactive drugs?
 - A. Their possession and use is illegal under federal law.
 - B. They all cause powerful hallucinations in sufficient doses.
 - C. They range from the mild stimulant, caffeine, to the powerful hallucinogen, LSD.
 - D. Their effects depend on the body weight and height of the user.
- _____ 7. Which of the following best tells why smoking marijuana instead of tobacco is harder on the lungs?
 - A. Marijuana smoke is drawn in deeper and held longer in the lungs than cigarette smoke, increasing the lungs' exposure to tar and chemicals.
 - B. Marijuana dulls sensory experiences, so any ill effects are not felt until after the damage is done.
 - C. The smoke from marijuana is higher in chemicals than is the smoke from cigarettes.
 - D. The addictive quality of marijuana means the smoker inhales more smoke more often than if he or she were smoking cigarettes.
- _____ 8. The most commonly used stimulant in the United States today is
 - A. cocaine.
 - B. caffeine.
 - C. nicotine.
 - D. alcohol.
- _____ 9. Which of the following best describes the behavior of a person experiencing the effects of a potent hallucinogen, such as LSD?
 - A. Maria is backed into a corner, breathing hard and apparently suffering a panic attack.
 - B. Jonah is freaking out because he says he saw his hand disappear and reappear.
 - C. Naveen claims that he can suddenly smell the color blue and see the taste of chocolate.
 - D. All of the above are examples of possible hallucinogenic effects on a person.
- _____ 10. Which of the following is the greatest risk associated with the abuse of psychoactive drugs?
 - A. loss of control
 - B. death or injury
 - C. loss of income
 - D. irreparable damage to the mind

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