

## Tests & Quizzes

### Online Exam 2\_02

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Part 1 of 1 -

95.0/ 100.0 Points

Question 1 of 20

Which of the following has been demonstrated by research as a skill or ability that is induced via meditation? 5.0/ 5.0 Points

- ☒ A. the ability to decrease metabolism
- ☐ B. the ability to cure bacterial infections without medication
- ☐ C. the ability to lower body temperature
- ☐ D. the ability to decrease intelligence

Question 2 of 20

Sheri has been having difficulty sleeping lately, and the problem has gotten bad enough that it is interfering with her daily functioning. At the suggesting of her physician, she goes to a sleep laboratory to see if something treatable is going on. The sleep specialists want to study her brain activity while she sleeps, so which of the following instruments is she most likely to be connected to during the night in the lab? 5.0/ 5.0 Points

- ☐ A. an EMG machine
- ☐ B. an EKG machine
- ☒ C. an EEG machine
- ☐ D. an ESP machine

Question 3 of 20

EEG studies of those engaged in meditation have found what neurological changes? 5.0/ 5.0 Points

- ☐ A. increased catecholamine response in the ventral distal temporal lobe
- ☐ B. enhanced potentiality in the dorsal medial occipital lobe
- ☒ C. significantly low levels of activity in the posterior superior parietal lobe
- ☐ D. increases in the complexity of neuronal firing in the frontal lobe

Question 4 of 20

While many Eastern cultures and religions value meditation as a way of directing consciousness away from worldly preoccupations, \_\_\_\_\_ meditation involves a focused awareness of everything you experience. 5.0/ 5.0 Points

- ☐ A. hyper-alert
- ☐ B. omnipresent
- ☒ C. mindfulness
- ☐ D. sentient

Question 5 of 20

What sort of changes in brain waves do people experience when they are in a deeply meditative or relaxed state? 5.0/ 5.0 Points

- ☐ A.  
Their brain shows brain wave activity that approximates the changes associated with the ingestion of a hallucinatory drug, like marijuana or PCP.
- ☐ B.  
Their brain shows brain wave activity that actually shuts down completely for brief periods of time, which explains the transcendental state associated with meditation.
- ☒ C. Their brain shows brain wave activity that is similar to that seen during sleep.
- ☐ D.  
Their brain shows unchanged brain wave activity, suggesting that the effects of meditation are more of a psychiatric illusion than a physical event.

Question 6 of 20

What has science suggested is the reason for the rapid eye movement that occurs in human beings while they are experiencing vivid dreams? 5.0/ 5.0 Points

• ☐

A.

Dreams are visual in nature, and the eyes are responding to these intrapsychic images. This explains why even blind people experience the rapid eye movements of REM sleep.

• ☐

B.

Dreams are mediated by the frontal lobes of the cerebrum, which are located just behind and above the eyes. This explains why most of the eye movements are directed upward.

• ☐

C.

Rapid eye movement is a leftover reflex from an early stage of human development, when the eyelids were transparent nictitating membranes that allowed us to continue "seeing" (through our eyelids) while we slept. This allowed us to unconsciously monitor our surroundings for predators.

• ☒

D.

The eye movements of REM sleep are the result of an overflow to the active nervous system.

Question 7 of 20

Credit for the development of the techniques of modern hypnosis goes to \_\_\_\_\_.

5.0/ 5.0 Points

• ☒

A. Anton Mesmer

• ☐

B. Josef Breuer

• ☐

C. Sigmund Freud

• ☐

D. Jean Charcot

Question 8 of 20

Many over-the-counter remedies have names that resemble the actual chemical or physiological mechanism that they impact. Which of the following product names would be most likely to affect your ability to sleep? 5.0/ 5.0 Points

- ☐ A. Superseratone
- ☐ B. Dopaminex
- ☒ C. Melatonex
- ☐ D. Adrenalacel

Question 9 of 20

Stosh is a very deep sleeper. His college roommates know that when he is very deep5.0/ 5.0 Points into \_\_\_\_\_ sleep, it might be extremely difficult to wake him up, and if they do manage to get him awake he will be groggy and disoriented.

- ☐ A. stage 1
- ☐ B. stage 2
- ☒ C. stage 4
- ☐ D. REM

Question 10 of 20

Abdulkadir had a very strange thing happen to him last night. He was sound asleep 5.0/ 5.0 Points in bed, and he was dreaming that he was at a party when he won the \$250 million-dollar lottery spin. As everyone was screaming, jumping up and down, and celebrating, Abdulkadir had the strangest sensation that he was actually dreaming. As it turns out, unfortunately, he was right. What principle explains this experience?

- ☒ A. lucid dreaming
- ☐ B. conscious dreaming
- ☐ C. unconscious dreaming
- ☐ D. sentient dreaming

Question 11 of 20

Dr. Petrich is a dentist who specializes in treating those with extreme anxiety of dental work. In addition to the availability of nitrous oxide (commonly referred to as laughing gas., Dr. Petrich's office offers private rooms with soothing music, televisions in the ceilings that show relaxing images like beaches and clouds, and headphones that offer supportive and calming messages. Dr. Petrich's patients are being given a form of \_\_\_\_\_ to help reduce their anxiety and actual experience of pain while receiving dental work. 5.0/ 5.0 Points

- ☐ A. hypnoplusia
- ☐ B. posthypnotic suggestions
- ☒ C. hypnotic analgesia
- ☐ D. guided transference

Question 12 of 20

According to research into sleep needs, most people will sleep for approximately \_\_\_\_\_ hours per night when they are not interrupted by external events. The research also found that this amount of sleep led to productive performance and improved mood. 0.0/ 5.0 Points

- ☐ A. six
- ☐ B. seven
- ☒ C. eight
- ☐ D. nine

Question 13 of 20

Why are people suffering from insomnia not advised to take sleep-aid medication? 5.0/ 5.0 Points

- ☐ A. Because all such pills are highly addictive with minimal use.
- ☐ B. Because the pills actually promote too much sleep, which will disrupt circadian rhythms.
- ☐ C.  
Because studies have shown that the prolonged use of sleeping pills is related to heart disease.
- ☒ D. Because sleeping pills reduce REM sleep and create more fatigue the next day.

Question 14 of 20

How do scientists know that night terrors are not simply an extension of nightmares? 5.0/ 5.0 Points

- ☐ A.  
Because night terrors occur in stage 1 of NREM sleep, while nightmares occur in stage 2 of NREM sleep.
- ☐ B.  
Because night terrors occur in stage 2 of NREM sleep, while nightmares occur in REM sleep.
- ☐ C.  
Because night terrors occur in REM sleep, while nightmares occur in stage 4 of NREM sleep.
- ☒ D.  
Because night terrors occur in stage 4 of NREM sleep, while nightmares occur in REM sleep.

Question 15 of 20

\_\_\_\_\_ is defined as the natural loss of consciousness.

5.0/ 5.0 Points

- ☐ A. Hypnosis
- ☒ B. Sleep
- ☐ C. A coma
- ☐ D. Syncope

Question 16 of 20

Which of the following is probably the best explanation for why many people claim that they don't dream? 5.0/ 5.0 Points

• ☐

A.

The pituitary excretions in their brains do not activate the message of the thalamus while they sleep, so they do not experience “sensory events,” or dreams, in their sleep.

• ☐

B.

The dorsolateral hypothalamus in their brains is not actively connected to the ventromedial hypothalamus, and so they are incapable of coding their REM experiences as dreams.

• ☐

C.

They do not experience the daily events, both positive and negative, that stimulate dream activities.

• ☒

D.

They simply do not remember their dreams; however, if they were awakened during a REM stage, they would be much more likely to remember a dream that they just woke up from.

Question 17 of 20

Jared is attending a comedy hypnosis show with his girlfriend, and he agrees to 5.0/ 5.0 Points come up on stage and be hypnotized by the performer. While he is in a trance, he is given an instruction to flap his arms like a chicken and grunt like a gorilla as he runs through the crowd. Because Jared is usually a rather quiet and laid-back person, what do you think is most likely to happen when he “wakes up” from his trance?

• ☐

A.

He is going to experience a new deep-seated fear of hypnosis, comics, and nightclubs, because the experience will set up a conflict that is rooted in his unconscious.

• ☐

B.

He is most likely to go back to his seat and sit quietly, because hypnosis cannot make us do things that we would not willingly do in our regular lives.

• ☒

C.

He is most likely to do exactly what the performer instructed him to do, because hypnosis is effective at getting us to act in direct contravention to our own personality.

- ☐

D.

He is going to have a delayed response and will start acting like animals in several hours, because it will take time for the hypnotic suggestion to overcome his personality reservations.

#### Question 18 of 20

Researchers have discovered that susceptibility to hypnosis may be linked to efficiency of the \_\_\_\_\_ in the brain.

5.0/ 5.0 Points

- ☐ A. striate nucleus
- ☒ B. frontal system
- ☐ C. corpus callosum
- ☐ D. cerebral meninges

#### Question 19 of 20

Marti was having difficulties with headaches lately, so she went to a neurologist for an examination. After extensive testing and investigation, it was revealed that she had a tumor on her \_\_\_\_\_ gland. The doctor said to her, "The biggest problem with this sort of tumor is that it is going to start interrupting your sleep. That is because it is supposed to release melatonin into your bloodstream, but as the tumor grows it will be unable to do so." Which part of Marti's endocrine system is afflicted with this tumor?

5.0/ 5.0 Points

- ☐ A. the pancreatic gland
- ☐ B. the melatonin gland
- ☒ C. the pineal gland
- ☐ D. the pituitary gland

#### Question 20 of 20

A \_\_\_\_\_ suggestion is an instruction that is made during hypnosis that is executed by the participant when he or she is no longer hypnotized.

5.0/ 5.0 Points

- ☐ A. hypnotic analgesic
- ☒ B. posthypnotic

- ☐ C. post-hoc
- ☐ D. phasic

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