**SHIOTA & KALAT, *EMOTION* 3rd edition TEST BANK, CHAPTER 11**

**Multiple Choice**

1. Research on ideal affect suggests that people in East Asian cultures prefer to feel , whereas people in mainstream United States culture prefer to feel .
   1. other-focused emotions; self-focused emotions
   2. sadness; contentment
   3. low-arousal positive emotion; high-arousal positive emotion
   4. shame; pride
2. The facial expression of fear is often confused with the expression of .
   1. anger
   2. sadness
   3. disgust
   4. surprise
3. Which of the following is NOT a typical component of the startle response to a sudden loud noise, as described in your textbook?
   1. The eyes close tightly.
   2. The shoulders hunch close to the neck.
   3. The head turns instinctively toward the noise.
   4. The arms rise up to protect the head.
4. Imagine that you are watching a movie one night, and suddenly someone starts knocking on your door very loudly. You would likely show the largest startle response if you had been watching which kind of movie?
   1. A biopic about a historical figure
   2. A action film with superheroes
   3. A romantic comedy
   4. An intense, suspenseful thriller
5. In rats and other rodents, the failure to explore a new environment is generally interpreted as an indicator of .
   1. fear
   2. disgust
   3. sadness
   4. contentment
6. Which of the following is NOT thought to be an innate, universal fear?
   1. Fear of sudden, loud noises
   2. Fear of the dark
   3. Fear of being separated from loved ones
   4. All of the above are thought to be innate, universal fears.
7. Which of the following best summarizes the principle of prepared learning?
   1. Although people can be conditioned to fear many things, fears of some objects are learned more quickly and easily than others.
   2. Strong emotion experienced just before being exposed to a series of stimuli facilitates memory for those stimuli.
   3. People learn from their cultures which emotions are appropriate for different circumstances.
   4. More human fears are learned through experience, rather than being innate.
8. Drugs called anxiolytics or tranquilizers, such as diazepam (Valium) and alprazolam (Xanax) are commonly prescribed to reduce people’s anxiety. How do these drugs work?
   1. They selectively (specifically) reduce activation in the amygdala.
   2. They block the activity of a neurotransmitter that is specific to fear.
   3. They block the effects of sympathetic nervous system activation on the heart.
   4. They enhance the effectiveness of GABA, a neurotransmitter that inhibits neural activity throughout the brain.
9. Which of the following statements about fear and anger is FALSE?
   1. No significant differences have been observed for brain activity in fear versus anger.
   2. The blood vessels to the extremities constrict in fear, making hands and feet cold, whereas they expand in anger, keeping the hands warm.
   3. The prototypical facial expressions of anger and fear are very different.
   4. None of the statements above is false.
10. A bully stops Allan on his way home from school one day, and demands his lunch. When Allan refuses, the bully shoves Allan to the ground, kicks him, and takes the lunch anyway. The bully has most clearly displayed , as defined by your textbook.
    1. hostile aggression
    2. instrumental aggression
    3. avoidance motivation
    4. contempt
11. Which of the following is FALSE regarding the effects of expressing anger?
    1. Individuals who express moderate anger in negotiations tend to elicit more compromise from the opponent in the negotiation.
    2. People tend to assume that men’s anger expressions are justified by the situation, whereas women’s anger reflects a lack of self-control.
    3. If people give in to a display of anger, they are likely to retaliate later if given the opportunity.
    4. All of the above are true; none are false.
12. According to Paul Rozin and colleagues (1999), anger is elicited by a violation of .
    1. autonomy
    2. purity
    3. community standards
    4. personal safety
13. According to Paul Rozin and colleagues (1999), contempt is elicited by a violation of .
    1. autonomy
    2. purity
    3. community standards
    4. personal integrity
14. According to Paul Rozin and colleagues (1999), disgust is elicited by a violation of .
    1. autonomy
    2. purity
    3. community standards
    4. personal integrity
15. Which of the following would NOT be an elicitor of core disgust, as defined by your textbook?
    1. Rotting, smelly food
    2. Human vomit
    3. A drunk driver who killed a child
    4. A big, hairy spider
16. Which of the following has NOT been linked to higher disgust-proneness?
    1. Higher trait conscientiousness
    2. Stronger preference for one’s social ingroup
    3. Political conservatism
    4. All of the above have been linked to higher disgust-proneness
17. Which of the following is an effect of sadness, documented by research?
    1. Sadness tends to increase people’s reliance on stereotypes.
    2. Sadness tends to make people more giving in resource-allocation games.
    3. Sadness makes people more likely to show a false memory effect in learning lists of words.
    4. All of the above have been documented as effects of sadness.
18. Research suggests that, as people age, they are increasingly susceptible to which of the following emotions?
    1. Anger
    2. Anxiety
    3. Sadness
    4. As people age, they are less susceptible to all of these emotions.
19. Which of the following is NOT considered a self-conscious emotion, according to your textbook?
    1. Anger
    2. Embarrassment
    3. Guilt
    4. Shame
20. Why do theorists refer to embarrassment, shame, and guilt as “self-conscious” emotions?
    1. These emotions all involve awareness of implications of external events for the self.
    2. These emotions all emphasize making sure the needs of the self are fulfilled.
    3. These emotions all require mindful attention to one’s internal emotional state.
    4. These emotions are all thought to involve appraisals of the self, and how the self appears to others.
21. Which of the following emotions is NOT typically experienced after one has done something morally wrong?
    1. Embarrassment
    2. Guilt
    3. Shame
    4. All three emotions above are typically experienced after doing something morally wrong.
22. Anjelica is talking with some friends one day, and she reveals a personal secret disclosed by another friend, Celia. Although Anjelica shared her friend’s secret accidentally, she knows this is a serious violation of Celia’s trust. Anjelica knows she is generally a trustworthy person, however, and vows to confess her mistake to Celia, with a promise to do whatever it takes to earn her trust again. According to research discussed in your textbook, which emotion is Anjelica most likely to be feeling?
    1. Embarrassment
    2. Guilt
    3. Shame
    4. None of the above
23. Embarrassment, shame, and guilt, are all good examples of:
    1. prepared learning.
    2. depressive realism.
    3. interpersonal functions of emotion.
    4. the somatic marker hypothesis.
24. After watching a movie one evening, Andrew really had to use the restroom. Still thinking about the film he had just seen, and not paying close enough attention to his surroundings, he accidentally walked into the women’s restroom rather than the men’s. Although he did not see anything inappropriate, all of the women in the restroom stared at him, and he quickly left. According to your textbook, which emotion was Andrew most likely to be feeling?
    1. Embarrassment
    2. Fear
    3. Guilt
    4. Shame
25. Which of the following emotions is NOT thought to help strengthen people’s relationships with each other?
    1. Anger
    2. Embarrassment
    3. Guilt
    4. All of the emotions above are thought to help strengthen people’s relationships.

**Multiple Choice Answer Key**

1. low-arousal positive emotion; high-arousal positive emotion (c)

2. surprise (d)

3. The head turns instinctively toward the noise. (c)

4. An intense, suspenseful thriller (d)

5. fear (a)

6. All of the above are thought to be innate, universal fears. (d)

7. Although people can be conditioned to fear many things, fears of some objects are learned more quickly and easily than others. (a)

8. They enhance the effectiveness of GABA, a neurotransmitter that inhibits neural activity throughout the brain. (d)

9. No significant differences have been observed for brain activity in fear versus anger. (a)

10. instrumental aggression (b)

11. All of the above are true; none are false. (d)

12. autonomy (a)

13. community standards (c)

14. purity (b)

15. A drunk driver who killed a child (c)

16. Higher trait conscientiousness (a)

17. Sadness tends to make people more giving in resource-allocation games. (b)

18. Sadness (c)

19. Anger (a)

20. These emotions are all thought to involve appraisals of the self, and how the self appears to others. (d)

21. Embarrassment (a)

22. Guilt (b)

23. interpersonal functions of emotion. (c)

24. Embarrassment (a)

25. All of the emotions above are thought to help strengthen people’s relationships. (d)

**True/False**

1. The human startle response occurs within 1/5th of a second after hearing a sudden, unexpected loud noise.

2. Unlike humans, monkeys do not show an innate fear of snakes.

3. Tranquilizers such as Valium and Xanax reduce anxiety without having any other mental effects.

4. Throughout the world, women tend to report more fear and anxiety than men.

5. In some ways, brain activity in anger is more similar to brain activity in excited positive emotion than it is to brain activity in other negative emotions.

6. People commonly form food aversions after a single experience of nausea and vomiting that follows eating a certain food.

7. Evidence shows that crying tends to elicit other people’s sympathy and concern.

8. The facial expressions of embarrassment, shame, and guilt are highly similar to each other.

**True/False Answer Key**

1. True
2. False
3. False
4. True
5. True
6. True
7. True
8. False

**Short Answer**

1. Despite the fact that far more people are killed or injured by cars than by sharks, most people are more afraid of sharks. Summarize the two explanations of this phenomenon, offered by your textbook.
2. Paul Rozin and colleagues (1999) have proposed that anger, disgust, and contempt are all elicited by violations of some value, but each involves a different kind of value. For each of these emotions, name the value whose violation is thought to elicit the emotion, and give an example (not previously discussed in class or your text) that would illustrate an appropriate situation.
3. Compare and contrast guilt and shame, according to research discussed in your textbook.

**Short Answer Key**

1. (i) Humans are evolutionarily prepared to fear possible predators, such as sharks, and these fears intensify quickly and easily through indirect/observational learning as well as direct experience. (ii) The typical person has had many safe experiences with cars, but no safe experiences with sharks.
2. (i) Anger – violation of autonomy; answers will vary, but should involve another person interfering with one’s individual rights or property. (ii) Disgust – violation of purity; answers will vary, but should involve another person contaminating his or her own physical or moral purity. (iii) Contempt – violation of community standards; answers will vary, but should involve another person flouting an important social norm or expectation.
3. Guilt and shame are both elicited by the knowledge that one has either hurt another person, failed to live up to an important standard, or done something morally wrong. When someone’s attribution for this is stable and global as well as internal, “I am a bad person,” that person is likely to feel shame. When the attribution is internal but specific to the particular situation, “I did a bad thing,” the person is more likely to feel guilt.

**Essay Questions**

1. Describe the adaptive function proposed by your textbook for three negative emotions, and give a specific example (not previously discussed in class or the text) of each of these functions in real life.

2. In Chapter 3 of your textbook, you learned about an emotion called *hasham* in the Bedouin language. *Hasham* is often translated into English as “shame,” which was described in detail in Chapter 11. Compare and contrast *hasham* and shame – how are they similar, and how are the different? Do you think “shame” is a good translation for *hasham*, or would you suggest another word? Defend your answer.