Chapter 10 Personality

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

1) The BEST kind of personality test is one that is _______.
   A) both valid and reliable  B) valid, but not necessarily reliable
   C) reliable, but not necessarily valid  D) neither reliable nor valid

2) In assessing personality, we are MOST interested in a person’s _______ behavior.
   A) atypical  B) typical  C) best  D) worst

3) Which of the following is NOT one of the four basic types of tools used by psychologists to measure personality?
   A) projective tests  B) aptitude tests  C) personal interview  D) objective tests

4) The “NEO-PI-R” was developed to assess _______.
   A) intelligence  B) the Big Five personality traits  C) mental illness  D) emotional maturity

5) The MMPI-2 and the NEO-PI-R are examples of _______.
   A) subjective tests  B) clinical interviews  C) objective tests  D) projective tests

6) The most widely used and extensively researched objective personality test is the _______.
   A) MMPI-2  B) 16PF  C) TAT  D) EPQ

7) The use of projective personality tests is favored by _______ theorists.
   A) psychodynamic  B) humanistic  C) cognitive  D) trait

8) Each of the following is an objective test EXCEPT the _______.
   A) TAT  B) NEO-PI-R  C) MMPI-2  D) 16 Personality Factor Questionnaire

9) The _______ is the best known and most frequently used projective personality test.
   A) TAT  B) Rorschach  C) MMPI-2  D) 16PF

10) Testing personality is much like testing intelligence, in that in both cases we are trying to measure something that is _______.
    A) tangible and visible  B) tangible but invisible  C) intangible but visible  D) intangible and invisible
11) The use of objective personality tests has been favored primarily by _______ theorists.
   A) psychodynamic                            B) neo-Freudian
   C) social learning                           D) trait

12) The MMPI-2 was originally developed to _______.
   A) identify basic personality traits
   B) aid in the diagnosis of psychiatric disorders
   C) identify children of below-normal abilities
   D) aid in career placement

13) Interviews in which the interviewer asks questions about any material that comes up, and asks follow-up questions whenever appropriate are known as _______ interviews.
   A) global                                    B) wide-focus
   C) unstructured                              D) structured

14) Interviews in which the order and content of the questions are fixed and the interviewer adheres to a set format are known as _______ interviews.
   A) wide-focus                                 B) global
   C) structured                                D) unstructured

15) To assess personality, behaviorists prefer _______.
   A) observation                                B) projective tests
   C) interviews                                D) objective tests

16) The most widely used tools for assessing personality are _______.
   A) objective tests                            B) direct observations
   C) interviews                                D) projective tests

17) To assess personality, social learning theorists prefer _______.
   A) objective tests                            B) projective tests
   C) observation                               D) interviews

18) The Sixteen Personality Factor Questionnaire was developed by _______.
    A) Eysenk                                     B) Rogers
    C) Cattell                                   D) Erikson

19) Personality tests that are administered and scored according to a standard procedure are called _______ tests.
   A) response                                  B) projective
   C) objective                                 D) subjective

20) Which personality test relies on the interpretation of inkblots to understand personality?
    A) MMPI-2                                     B) TAT
    C) 16PF                                      D) Rorschach

21) The TAT consists of _______ pictures of human figures.
    A) 10                                        B) 5
    C) 20                                        D) 15
22) The accuracy and usefulness of projective tests depends largely on _______.
   A) the age of the client       B) the type of disorder being diagnosed
   C) whether the client likes taking tests     D) the skill of the examiner

23) Each of the following is an advantage of projective tests EXCEPT _______.
   A) some psychologists believe that projective tests can uncover unconscious thoughts and fantasies
   B) since the person taking the test often doesn’t know its true purpose, responses are less likely to be faked
   C) they have higher reliability and validity than objective tests
   D) because the tests are flexible, people can take them in a relaxed atmosphere

24) The best known and most influential psychodynamic theorist is _______.
   A) Skinner       B) Freud       C) Maslow       D) Watson

25) Each of the following is one of the propositions central to all psychodynamic theories EXCEPT _______.
   A) our mental representations of ourselves, of others, and of our relationships tend to guide our interactions with other people
   B) much of mental life is unconscious
   C) mental processes such as emotions, motivations, and thoughts operate in parallel and thus may lead to conflicting feelings
   D) stable personality patterns do not form until young adulthood

26) Up until Freud’s time, psychology had focused on _______.
   A) genetic influences       B) the unconscious
   C) consciousness       D) environmental influences

27) Freud’s theories form the basis of _______.
   A) humanistic psychology       B) structuralism
   C) psychoanalysis       D) trait theory

28) Freud’s personality theory and his form of therapy are called _______.
   A) cognitive theory       B) rational emotive therapy
   C) humanism       D) psychoanalysis

29) For Freud, the term “sexual instinct” refers to _______.
   A) erotic sexuality       B) childhood experiences
   C) the personal unconscious       D) any form of pleasure

30) _______ is the study of psychic energy and how it is transformed and expressed in behavior.
   A) Parapsychology       B) Cognitive psychology
   C) Psychodynamics       D) Gestalt psychology

31) Freud believed that personality is formed around _______ structures.
   A) three       B) five       C) four       D) two
32) The id has _______ ways of obtaining gratification.
   A) four       B) two       C) three       D) five

33) Without using the ego, one way the id can obtain gratification is through _______.
   A) reflex actions  B) the reality principle  
   C) the ego ideal    D) secondary processes

34) According to Freud, the ego operates _______.
   A) partly consciously, partly preconsciously, and partly unconsciously
   B) only consciously
   C) only preconsciously
   D) only unconsciously

35) For Freud, ideas, thoughts, and feelings of which we are currently aware are in the _______ mind.
   A) unconscious  B) conscious
   C) collective unconscious  D) preconscious

36) For Freud, material that we are not currently aware of, but which can be easily recalled is in the _______ mind.
   A) unconscious  B) collective unconscious
   C) preconscious  D) conscious

37) _______ theory emphasizes that humans are positively motivated and progress toward higher levels of functioning.
   A) Social Learning  B) Trait
   C) Psychoanalytic  D) Humanistic

38) Each of the following is a humanistic psychologist EXCEPT _______.
   A) Rogers  B) Maslow  C) Adler  D) Perls

39) One of the most prominent humanistic psychologists was _______.
   A) Skinner  B) Adler  C) Rogers  D) Frankl

40) The first humanistic psychologist was _______.
   A) Rogers  B) Horney  C) Maslow  D) Adler

41) According to Rogers, the primary goal of life is to _______.
   A) successfully overcome developmental challenges
   B) fulfill one’s inborn capacities and potentialities
   C) understand one’s personal ancestral history
   D) harmoniously unify the id, ego, and superego
42) According to Rogers, which of the following persons is MOST likely to become a fully functioning person?
   A) someone with a strongly developed superego
   B) someone brought up with conditional positive regard
   C) someone brought up with unconditional positive regard
   D) someone with an extraverted personality

43) According to humanistic theorists, when people lose sight of _______, they become constricted, rigid, defensive, and feel threatened and anxious.
   A) the goals of their ego ideal
   B) sense of identity
   C) inborn potential
   D) their persona

44) The push toward fulfillment of our inborn capacities and potentialities is what Rogers called the _______.
   A) need for achievement
   B) compensatory process
   C) primary process
   D) actualizing tendency

45) When an individual's self-concept is closely matched with his or her inborn capacities, then that person is likely to become what Rogers calls a(n) _______ person.
   A) actualizing
   B) fully functioning
   C) harmoniously integrated
   D) fully rational

46) Unconditional positive regard is MOST important to _______.
   A) Jung
   B) Rogers
   C) Maslow
   D) Freud

47) Critics of the humanistic approach to personality claim each of the following EXCEPT it _______.
   A) fails to take into account the evil in human nature
   B) focuses too much on universal human potential rather than individual achievement
   C) fosters self-centeredness and narcissism
   D) reflects Western values of individual achievement rather than universal human potential

48) One theory suggests that people differ on a number of dimensions, such as dependency, aggressiveness, anxiety, and sociability. These characteristics are known as _______.
   A) personality traits
   B) somatotypes
   C) compensatory factors
   D) archetypes

49) We infer a trait from how a person _______.
   A) feels
   B) senses
   C) behaves
   D) thinks

50) Gordon Allport found about _______ dictionary entries that refer to traits.
   A) 200
   B) 18,000
   C) 1,800
   D) 2,000

51) Which of the following theorists would be most likely to analyze a client in terms of how she or he behaves in the present, rather than focusing on her or his early childhood?
   A) Cattell
   B) Erikson
   C) Rogers
   D) Freud
52) A statistical technique that identifies groups of related objects, and has frequently been used to identify clusters of traits, is ________.
   A) factor analysis  
   B) scatter plotting  
   C) a regressive measure  
   D) a distributive measure

53) Cattell originally concluded that ________ traits accounted for the complexity of human personality.
   A) 16  
   B) 3  
   C) 7  
   D) 200

54) Eysenck argued that personality can be reduced to ________ basic dimensions.
   A) seven  
   B) nine  
   C) three  
   D) five

55) Which of the following is NOT one of the three basic dimensions of personality described by Eysenck?
   A) emotional stability  
   B) introversion-extraversion  
   C) neuroticism  
   D) psychoticism

56) Contemporary trait theorists have demonstrated that personality traits can be reduced to ________ basic dimensions.
   A) nine  
   B) five  
   C) seven  
   D) three

57) Recently, each of the “Big Five” traits has been shown to have ________ facets.
   A) six  
   B) four  
   C) eight  
   D) two

58) Recent research indicates that the “Big Five” are evident in people in ________.
   A) the United States and in other cultures  
   B) the United States but not in other cultures  
   C) other cultures but not in the United States  
   D) neither the United States nor in other cultures

59) Recent evidence shows that the “Big Five” and many of their individual facets are ________ influenced by heredity.
   A) not  
   B) moderately  
   C) strongly  
   D) slightly

60) Trait theories are primarily ________.
   A) explanatory  
   B) experimental  
   C) anecdotal  
   D) descriptive

61) The Big Five personality dimensions appear to be essentially fixed, and unlikely to change by age ________.
   A) 45  
   B) 30  
   C) 2  
   D) 15

62) ________ theories find the roots of personality in the ways people think about, act on, and respond to their environment.
   A) Trait  
   B) Psychodynamic  
   C) Cognitive–social learning  
   D) Humanistic
63) According to Bandura, standards people develop in order to rate the adequacy of their own behavior in variety of situations are called _______.
   A) reciprocal variables   B) conditions of worth
   C) performance standards   D) self-efficacy standards

64) According to Rotter, expectancy about whether reinforcement is under internal or external control is _______.
   A) a performance standard   B) a response set
   C) a self-efficacy expectation   D) locus of control

65) Which of the following people is most closely associated with the concept of locus of control?
   A) Ellis   B) Seligman   C) Bandura   D) Rotter

66) For both Bandura and Rotter, a person’s expectancies become a critical part of his or her _______.
   A) persona   B) self-actualizing tendency
   C) explanatory style   D) ideal self

67) A study of 1939 to 1944 Harvard graduates found that by age 65, optimists were _______ than pessimists.
   A) more intelligent   B) healthier
   C) friendlier   D) more creative

68) Explanatory style and internal expectancies would be MOST important to which of the following theorists?
   A) Bandura   B) Ellis   C) Skinner   D) Perls

69) According to cognitive-social theorists, _______.
   A) underlying personality is more stable than behavior
   B) both behavior and underlying personality are relatively stable
   C) both behavior and underlying personality are relatively unstable
   D) behavior is more stable than underlying personality

70) Many studies, conducted over more than 20 years, have found _______ between self-efficacy and performance in workplaces, schools, and clinical settings.
   A) a positive correlation   B) widely varying correlations
   C) a negative correlation   D) no correlation
Answer Key
Testname: PERSONALITY

1) A
2) B
3) B
4) B
5) C
6) A
7) A
8) A
9) B
10) D
11) D
12) B
13) C
14) C
15) A
16) A
17) C
18) C
19) C
20) D
21) C
22) D
23) C
24) B
25) D
26) C
27) C
28) D
29) D
30) C
31) A
32) B
33) A
34) A
35) B
36) C
37) D
38) D
39) C
40) D
41) B
42) C
43) C
44) D
45) B
46) B
47) B
48) A
49) C

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Answer Key
Testname: PERSONALITY

50) B
51) A
52) A
53) A
54) C
55) C
56) B
57) A
58) A
59) C
60) D
61) B
62) C
63) C
64) D
65) D
66) C
67) B
68) A
69) A
70) A