**AP Psychology States of Consciousness Take-Home Test 39 points**

Use the notes, handouts from class, and the information in Unit 5 from your textbook to complete the following questions about states of consciousness.

**Part 1: Short Answers**

Sara Bellum just completed her first week as department manager at her job. She had no idea how much work and responsibility her new position entailed. She is having second thoughts about her decision to accept the promotion. She hopes that she will get a good nights sleep tonight, because tomorrow is the championship game for her women’s basketball league, but she has been suffering from various sleep related issues. Some of her symptoms are as follows:

- **Symptom 1:** Waking up sore, occasionally with bruises, with belongings in locations different from where she left them.
- **Symptom 2:** Sudden onset of a loss of muscle control, which can cause her to slump over on the floor.
- **Symptom 3:** An inability to remain awake for more than a couple of hours at a time.
- **Symptom 4:** Her partner has told her that she continuously wakes up throughout the night, after seemingly ceasing to breathe. Although she doesn't remember these episodes, she often wakes up unrefreshed.

1. Make a diagnosis for each of the four symptoms that Sara presents. You must identify and correctly name the disorder, and briefly explain why you are making the particular diagnosis. (3 points each)

When she has slept, she has a recurring dream in which she is passed the ball with two seconds left in the championship game, but it slips through her fingers.

2. Address her dream in terms of Information Processing Theory and Freudian Dream Theory. Be sure to identify and explain the specific components of each theory and relate each component to the dream. (4 points each)

**Part II: Essay**

Bill has an alcohol problem. He used to be content with having three drinks a night but now he can’t even feel the effects of the alcohol without having at least six drinks. He says that he needs the alcohol to forget about his troubles and feel good about himself. If he does not drink, he begins to feel nauseated and develops shakes. He realized that he needed to seek help when he woke up one morning and wasn’t able to remember anything from the night before, or that he had driven home. He couldn’t understand why he couldn’t remember or why he drove home because he knows that driving drunk is wrong and has said that he would never do it.

3. Help Bill understand his problem by explaining:
   - Tolerance, psychological and physical dependence, and withdrawal (3 points)
   - What type of drug alcohol is and how it effects his body (3 points)
   - Why he can’t remember anything after a night of heavy drinking and why he thought it was ok to drive home drunk (3 points)

**Part III: Multiple Choice**

1. Consciousness refers to a(n)___________.
   a. Awareness of external and internal stimuli
   b. Heightened state of spiritual enlightenment
   c. Drug-free, mental state that often follows a period of drug abuse
   d. Pleasant mental stage in which we are focused on neither external nor internal stimuli

2. Shift schedules and jet lag can disrupt___________.
   a. Stage one sleep
   b. Sleep apnea
   c. Lucid dreaming
   d. Circadian rhythms
3. In the activation-synthesis hypothesis of dreams, activation refers to ______________, and synthesis refers to ______________.
   a. Activation of unconscious sexual and aggressive impulses, synthesis of the conscious parts of the mind to control these impulses
   b. Activation of the endocrine system that promotes hormones during dreaming, effect that the hypothalamus has upon the endocrine system during dreaming
   c. The signals sent from the hindbrain to the cerebral cortex, the cerebral cortex’s attempt to interpret these signals
   d. Increased activity in the sympathetic nervous system, resulting increased activity of the parasympathetic nervous system to restore the body to its normal, nonexcited state

4. Which of the following brain regions is not most obviously directly related to the onset of SAD?
   a. Occipital Lobe
   b. Midbrain
   c. Limbic System
   d. Hindbrain

5. Which of the following statements about sleep is false?
   a. As people get older, they require less sleep.
   b. The average person spends close to 25 years asleep.
   c. The brain is relatively passive and inactive during sleep.
   d. People who require less sleep are typically more alert and energetic then those who require more sleep.

6. Florence is most likely to wake up __________ if she suffers from sleep apnea.
   a. In a wet bed
   b. Many times each night
   c. Every time she enters REM sleep
   d. Energized and excited

7. __________ are examples of ___________ that imitate the action of ___________.
   a. Nicotine and caffeine; stimulants; opiates
   b. Morphine and heroin; opiates; endorphins
   c. LSD and marijuana; depressants; stimulants
   d. All of the above

8. Three of the following sets of psychoactive drugs include substances that all have the same basic effect upon the human nervous system. Which set contains substances that have different effects on the nervous system?
   a. Alcohol, tranquilizers, and heroin
   b. LSD, ecstasy, and marijuana
   c. Amphetamines, nicotine and cocaine
   d. Tranquilizers, barbiturates, and opiates

9. The question “Then how can you explain the fact that our dreams are sometimes meaningful to us?” is a possible criticism of which dream theory?
   a. Freudian Wish-fulfillment Theory
   b. Activation Synthesis Theory
   c. Information-processing Theory
   d. Physiological function Theory

10. Jimmy feels pressure to act a certain way during hypnosis. He starts to act the way he thinks he should behave based on what the hypnotist has told him he may experience, and what others have stated about their experience. Which theory of hypnosis would account for Jimmy's behavior?
    a. divided Consciousness theory
    b. state theory
    c. role/social influence theory
    d. altered consciousness theory
States of Consciousness Take-Home Test  
39 points

Name: ________________________________

Part I: Short Response

1. Make a diagnosis for each of the four symptoms that Sara presents. You must identify and correctly name the disorder, and briefly explain why you are making the particular diagnosis. (3 points each)

Symptom 1: ________________________________

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Symptom 2: ________________________________

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Symptom 3: ________________________________

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Symptom 4: ________________________________

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2. Address her dream in terms of Information Processing Theory and Freudian Dream Theory. Be sure to identify and explain the specific components of each theory and relate each component to the dream. (4 points each)

Information Processing Theory: ________________________________

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Freudian Dream Theory: ________________________________

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Part II: Essay

3. Based on the brief case-study about Bill, help him understand his alcohol problem by explaining:
   - Tolerance, psychological and physical dependence, and withdrawal (3 points)
   - What type of drug alcohol is and how it effects his body (3 points)
   - Why he can’t remember anything after a night of heavy drinking and why he thought it was ok to drive home drunk (3 points)

Part III: Selected Response (1 pt each)

1. _______  6. _______
2. _______  7. _______
3. _______  8. _______
4. _______  9. _______
5. _______ 10. _______