

Module Quiz 7

⚠ This is a preview of the published version of the quiz

Started: Feb 22 at 8:28am

Quiz Instructions



This quiz is "open media". You can use anything you like, except for another person or their answers. Good luck!

Question 1

1 pts

I gave you this definition of emotion: Emotion is “an increase or decrease in physiological activity that is accompanied by feelings that are characteristic of the emotion and often accompanied by a characteristic behavior or facial expression.” Which of the following elements in the definition CANNOT be measured objectively?

Physiological activity

Feelings

- Behavior
- Facial expressions
- All of the above CAN be measured objectively

Question 2**1 pts**

What distinguishes an emotion from a feeling?

- One starts with an “e” and the other with an “f”
- Emotions are specific and feelings are non-specific
- Emotions are non-specific and feelings are specific
- An emotion is the subjective experience to a feeling
- A feeling is the subjective experience of an emotion

Question 3**1 pts**

When we say that an emotion has a positive valence or a negative valence, what are we referring to?

- Whether the emotion is good or bad
- Whether the emotion is healthy or unhealthy
- Whether the emotion is desirable and creates eustress, or undesirable and creates distress
- Whether the emotion energizes you or drains your energy

Question 4**1 pts**

In what way are the nucleus accumbens (NA) and the amygdala different?

- Researchers have agreed that the amygdala is part of the nervous system while the NA is not
- It appears that the NA produces pleasurable emotions while the amygdala produces negative emotions
- The amygdala produces negative emotions that are then intensified by the NA
- I am pleading the 5th and moving on!

Question 5

1 pts

You are at a rock concert. Suddenly, you hear a deafening sound (no, not the music) and an intense flash of bright light. You immediately freeze and then start running for the exit. What has just happened?

- Sensory information went directly to your amygdala that then immediately sent it to your cortex for processing. Your cortex then told you to run.
- Sensory information went directly to your thalamus amygdala, which then immediately sent it to your cortex for processing. Your cortex then told you to run.
- Sensory information went directly to your thalamus and then the amygdala. The amygdala prevented cortical involvement so that you would instinctively run.
- Sensory information went directly to your thalamus and then the amygdala. From there, it took the “high road” which led you to quickly and instinctively run.



"Now, you can't really hurt each other with those things, so next time you bicker, just go ahead and vent your anger—you'll both feel better."

Question 6**1 pts**

With respect to LeDoux's theory of negative emotion, people who are habitually negative are more likely to have _____ chronically active.

- their high road
- their low road
- both their low and high roads

- superego

Question 7**1 pts**

Which of the following is included in the definition of good emotional wellness? Select all that apply.

- You are reasonably in control of your emotions
- You understand your emotions
- You experience positive emotions and rarely, if ever, experience negative emotions
- Your emotional response is appropriate for the situation
- The intensity and duration of the emotion is always moderate

Question 8**1 pts**

Chronic stress is a steady drain on your body's energy reserves. How or why is this the case?

- The time allotted to parasympathetic nervous system activity is insufficient
- The Vagus nerve is constantly stimulated
- Higher-order cognition is constantly "on" which means the brain is constantly "on". Because your brain uses up so much energy, this then drains energy from the rest of the brain and body.
- You stop eating because you are too stressed to eat. This depletes your energy reserves.

Question 9**1 pts**

Diseases such as Lupus, Multiple Sclerosis, and rheumatoid arthritis are now thought to be the result of _____

- Poor lifestyle choices but mostly not enough exercise
- Chronic Vagus nerve activation
- Neurotransmitter imbalances
- Chronic systemic inflammation

Question 10

1 pts

The problem with research on the effect of negative emotions on health is that _____

- To date, there are very few studies on this
- There are extraneous variables
- The research has yet to rule out the effect of confounds
- The research is biased
- None of the above

Question 11

1 pts

Which of the following personality types or cluster of traits predisposes someone to experience a lot of anger and negative health consequences? Select all that apply.

- Type A personality
- Type D personality

People with the Toxic Core**Question 12****1 pts**

You are a medical doctor. A patient comes in to see you, complaining of headaches, insomnia, and anxiety. When you ask about the patient's effort to reduce their body mass index (which is very high), they get visibly angry, but they don't say anything to you. Which of the following tests are you likely to run to diagnose their problem?

 A social skills test

- A test to look for any indication of arterial wall thickening
- A test to measure insulin responses
- A test to measure systemic inflammation

Question 13**1 pts**

Which of the following shows the greatest association with coronary heart disease?

- smoking
- depression
- diabetes
- high cholesterol
- an excessive amount of cheerfulness

Question 14**1 pts**

Research on pain suggests that ____

- The sensory dimension is what causes us to suffer most
- The cognitive dimension is what causes us to suffer most
- Without the emotional dimension, pain would not cause us to suffer
- Pain is just an emotion, pure and simple

Question 15**1 pts**

Pert theorized that ____

- Negative emotions cause molecules to vibrate at a frequency that is unhealthy
- When peptides vibrate, this unhealthy and then this results in the generation of negative emotions
- Poor blood circulation throughout the body
- Negative emotions cause cells to vibrate at an extremely high frequency that can result in the death of the cell. This then leads to disease.

Question 16

1 pts

Which of the following is the best example of bioelectronic medicine?

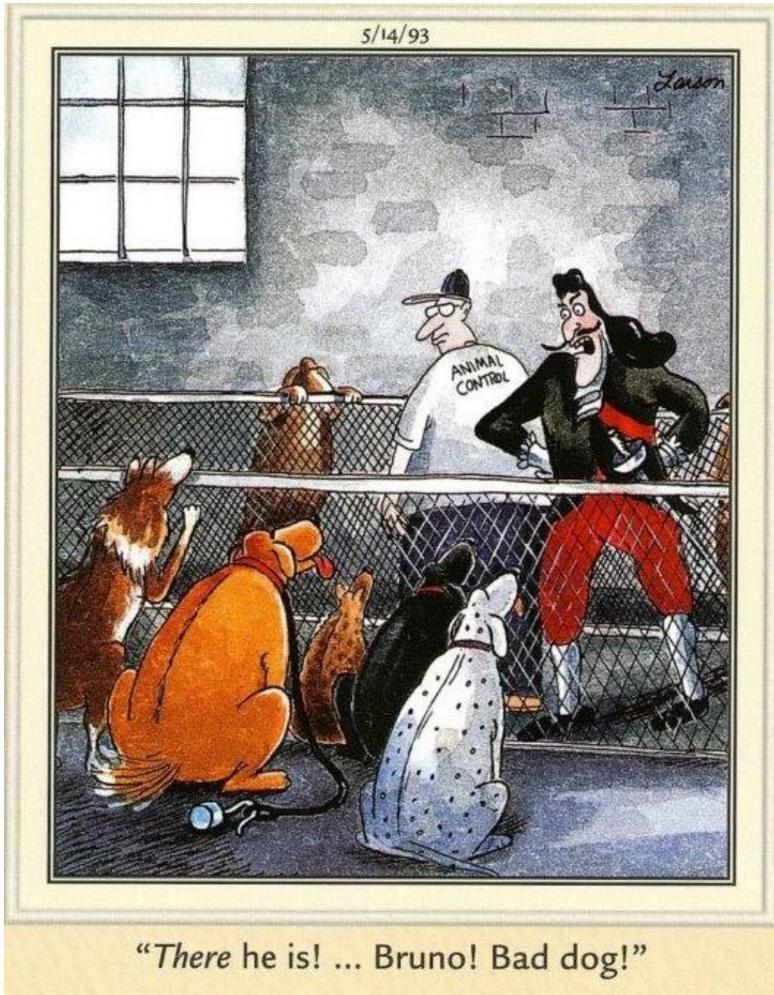
- Using Crispr to create a new vaccine for COVID-19
- Using new electronic devices to scan the entire body
- Creating electronic artificial limbs for amputees
- Treating diseases using electronic devices to control nerve activation and physiological processes

Question 17

1 pts

Negative emotions ____

- Affect the gut-brain axis, not the HPA axis
- Affect the HPA axis, not the gut-Brain axis
- Affect both the gut-brain and HPA axis
- Affect the microbiome but not vise versa



Not saved

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