

QUIZ

1

A “psychologist” attends “graduate school” and is trained primarily in research, statistics and talk therapy for those pursuing a “clinical” route. A “psychiatrist” attends “medical school” and is primarily trained in biology, medicine and prescribed medication.

2

Dreams are quite common and although many people will not remember their dreams it is impossible that someone or a particular individual has never dreamed during their sleep over the course of their life.

3

Research shows that many eyewitness memories can be false, implanted, distorted or made-up. Many after the fact events and experiences can lead individuals to form new memories inconsistent with the real events or distorted ones that are not truly representative of the true events which occurred.

4

Brain size and intelligence are not related.

5

A substantial amount of research beginning with the pioneering studies of Stanley Milgram during the 1960's, shows that the majority of normal people would carry out orders to do harm onto others when explicitly ordered or instructed to do so by an authority figure (e.g., scientist, doctor, police, etc.).

6

Many old people continue to work and live active and healthy lifestyles way into their 70's and 80's. The age of retirement and average lifespan has also dramatically increased over the years with improvements in technology, diet, medication, nutrition and medical assistance.

7

This disorder refers to an imagines suffering of physical illness or, more generally, an exaggerated concern with one's physical health.

8

Contrary to popular belief, corporal or physical punishment does more harm than good for the child's development and does not teach "responsibility" and instead teaches violence, avoidance, etc.

9

Research shows that the primary reinforcing and influencing factor of rape is power, control and domination of another individual and not the “sexual” factor.

10

Research shows that the phenomenon of “diffusion of responsibility” or “bystander apathy” often occurs in large groups or crowds causing individuals in need of help (i.e., victim) to be less likely to receive the assistance they need from those around them.

Mental illness is not marked by dangerous or violent behavior. Indeed, many psychiatric patients live and work in society; others withdraw in fear, secluding themselves from the world; and only a tiny minority exhibit violent behavior.

12

The number one cause of suicide is untreated depression. Most individuals who show a desire or interest to end their lives, do so because they are unhappy and depressed. Most of these individuals are suffering from “learned hopelessness” and mood disorders like depression or other psychological illnesses and need professional help.

13

PTSD is a result of witnessing, experiencing or even just observing a traumatic event (e.g., killing, rape, explosion, etc.). Thus, one's physical strength or "toughness" is irrelevant. Individuals of all types, ages, strength, etc., can and do suffer from PTSD. This is an illness and NOT a weakness.

14

People might think it's safer not to talk about suicide with someone considering it. On the contrary, talking will help them deal with some of the heavy issues involved and diffuse the tension. A willingness to listen shows that people care and are willing to help.

15

Males between the ages of 18 and 24 are in the group with the highest growth rate of suicide, but older men are actually at the highest risk of killing themselves.

16

Most people either talk about it or do something to indicate that they are going to kill themselves. There is no need to blame yourself if you didn't see it coming. If you are worried about someone you know, make sure you read all about the warning signs of suicide. Look for the signs you may see before a suicide attempt, and also find out what you could do to help.

17

Metacognition is, put simply, thinking about one's thinking. More precisely, it refers to the processes used to plan, monitor, and assess one's understanding. Metacognition includes a critical awareness of a) one's thinking and learning and b) oneself as a thinker and learner

The illusory truth effect (also known as the validity effect, truth effect, or the reiteration effect) is the tendency to believe false information to be correct after repeated exposure. This phenomenon was first identified in a 1977 study at Villanova University and Temple University.

19

Mehrabian's research on the effectiveness of spoken communications.

- **7% of message pertaining to feelings and attitudes is in the words that are spoken.**
- **38% of message pertaining to feelings and attitudes is paralinguistic (the way that the words are said).**
- **55% of message pertaining to feelings and attitudes is in facial expression.**

