



HUMAN BEHAVIOUR ACADEMY

**CHARTERED ATTITUDE AND
BEHAVIOUR CONSULTANT
EXAMINATION**

Subject Code : CAB 1013

Subject Name : Human Emotions, Attitude and Behaviour

This examination carries 100% of the total assessment for this subject.

Day : SUNDAY

Date : 17 JUNE 2012

Time : 10.30 AM – 11.30 PM

Time allowed : 1 HOURS

INSTRUCTION(S):

1. This examination consists of FIFTY (50) multiple choice questions and Answer questions
Answer BOTH questions in the answer book provided.
2. This is an **OPEN-BOOK** examination. You are permitted to bring into the examination room the recommended textbook(s), lecture notes and course materials provided by HBA, plus other references but you are expected to give your own views on the topics.
3. Please be reminded that the examiner may fail a candidate should there be wholesale copy from published references.

(This question paper consists of 50 questions in 9 printed pages, including cover page)

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This paper contains FIFTY (50) Multiple Choice Questions and you need to answer all questions.

1. When your body is deprived of something, a(n) _____ is created that arouses the body; that arousal is a(n) _____.
 - A. Drive, need
 - B. Need, drive
 - C. Instinct, motivation
 - D. Motivation, instinct
2. Maslow's theory would state that which of the following needs would have to be met first?
 - A. Self-actualization
 - B. Shelter
 - C. Self-esteem
 - D. Sex
3. Ethan feels that he is able to make his own decisions and direct his life in the way he chooses. According to self-determination theory, Ethan is high in
 - A. Relatedness
 - B. Competence
 - C. Generativity
 - D. Autonomy

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4. Edward has a job that does not pay well but is personally meaningful. Lisa, on the other hand, has a job that pays well but that bores her. What would the research on motivation predict?
 - A. Edward will be happier and perform better because he has high intrinsic motivation.
 - B. Lisa will be happier and perform better because she has high intrinsic motivation.
 - C. Edward will be happier and perform better because he has high extrinsic motivation.
 - D. Lisa will be happier and perform better because she has high extrinsic motivation.

 5. Which of the following goals will a person likely be most successful at completing?
 - A. being a good person
 - B. becoming a successful lawyer
 - C. running 3.5 miles twice a week for the next two weeks
 - D. losing weight

 6. The word *affect* refers to
 - A. actively pursuing your goals.
 - B. emotion.
 - C. the opposite of *cause*.
 - D. drives.

 7. Chloe has just gotten on a roller coaster. As the car ascends the slope for the first big plunge, she feels fear and anticipation. She notices that her heart rate has increased, that her palms are sweating, and that she feels "butterflies" in her stomach. According to the James-Lange theory, Chloe's emotional response to the roller coaster is because
 - A. the stimulus of the roller coaster has caused her to feel fear and anticipation; those feelings, in turn create a physiological response.
 - B. the stimulus of the roller coaster has caused her to simultaneously feel fear and anticipation and have a physiological response.
 - C. the stimulus of the roller coaster has caused her to think about the dangers of roller coasters; her thoughts, in turn, have caused an emotional and physiological response.
 - D. the stimulus of the roller coaster has caused a physiological change; she has interpreted this change as the emotions of fear and anticipation.

 8. What brain structure plays a crucial role in fear?
 - A. the hippocampus
 - B. the reticular formation
 - C. the amygdala
 - D. the occipital lobe

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9. Which of the following statements is most consistent with the two-factor theory of emotion?
- A. Physiological arousal can be interpreted in different ways, resulting in different emotions.
 - B. Physiological arousal and emotion happen simultaneously.
 - C. Physiological arousal happens first; emotion then follows.
 - D. Emotion happens first; physiological arousal then follows.
10. What does the primacy debate have to say about the relationship between emotion and cognition?
- A. Emotions come before thoughts.
 - B. Thoughts come before emotions.
 - C. Thoughts come before physiological arousal.
 - D. Some emotions occur first, followed by thoughts; some thoughts occur first, followed by emotions.
11. Research on the facial feedback hypothesis provides support for which theory of emotion?
- A. James-Lange Theory
 - B. Cannon-Bard Theory
 - C. Two-factor Theory
 - D. Cognitive Theory
12. Cultural norms that dictate the appropriate expression of emotion are called
- A. the facial feedback hypothesis.
 - B. display rules.
 - C. the wheel model.
 - D. culture-bound syndromes.
13. The two-dimensional approach to emotion states that
- A. emotions can be classified as positive affect or negative affect.
 - B. physiological arousal can be cognitively misinterpreted.
 - C. women are better than men at interpreting emotion.
 - D. emotions vary in intensity.
14. Positive emotions are linked to healthy immune functioning because
- A. happy people tend to have genetically superior immune systems.
 - B. happy people are less likely to engage in health-promoting behaviors.
 - C. happy emotions are related to the release of immunoglobulin A.
 - D. happy emotions are related to increased prefrontal cortex activity.

15. Being able to successfully recover from negative life events is known as

- A. Coping
- B. Positive affect
- C. Stress appraisal
- D. Resilience

*******END OF EXAMINATION*******