Psychology and the Aging Revolution

Questions from chapter 1

1) The average retirement age in the United States is around
   a) 63.5
   b) 65.5
   c) 67.5
   d) 69.5

Questions from chapter 2

2) Manton & Stallard (1994) found a 2-year greater active-life increase for people who were
   a) married
   b) single
   c) vegetarians
   d) highly educated

3) Peter Laslett (1989) refers to the emerging new phase of life as the
   a) third age
   b) second age
   c) new age
   d) silver age

4) The psychology of personality heavily uses terminology such as "Coping" and "Defense mechanisms" which is appropriate to the
   a) explores
   b) martyrs
   c) adapters
   d) enjoyers

Questions from chapter 3

5) Another name for "Registration" is
   a) primary memory
   b) secondary memory
   c) sensory memory
   d) implicit memory

6) A system for the transient storage and processing of information is
   a) sensory memory
   b) primary memory
   c) secondary memory
   d) working memory
7) According to Stafford et al. (1988) as people age they show significant
   a) increases in both cerebrospinal fluid and brain tissue
   b) increases in cerebrospinal fluid and decreases in brain tissue
   c) decreases in both cerebrospinal fluid and brain tissue
   d) decreases in cerebrospinal fluid and increases in brain tissue

8) The most likely explanation for abnormalities in memory that characterize the early
   stage of AD pertains to damage to the
   a) hippocampal formation
   b) amygdala
   c) white matter
   d) grey matter

Questions from chapter 4

9) Goldstein & Shelley (1975) failed to find a significant age X diagnosis interaction,
   arguing against a similarity between aging and diffuse brain damage.
   a) True
   b) False

10) Stuss et al. (1996) tested the frontal-system hypothesis using
    a) PET scans
    b) word lists
    c) WAIS
    d) HRB

11) One of the most widely used visual selective attention tasks is the
    a) Wisconsin Card Sort
    b) Rey-Osterreith Complex Figures Test
    c) Stroop Color Word Test
    d) Bender Gestalt

Questions from chapter 5

12) "Younger adults are typically engaged in life styles that involve more demands on
    memory than those of older adults" describes which perspective?
    a) regression
    b) fast lane
    c) latency
    d) disuse
13) The 4 general processing deficit accounts described are often considered under the rubric of
a) excess deficit hypothesis
b) resource deficit hypothesis
c) input balance hypothesis
d) account balance hypothesis

14) Baddely & Hitch's (1994) working memory model consists of all EXCEPT a
a) phonological loop
b) visuospatial sketch pad
c) central executive
d) temporary database

15) Cognitive slowing has been attributed to
a) increased neural noise
b) increased decision paths
c) decreased cognitive flexibility
d) decreased record retention

Questions from chapter 6

16) It takes how long to store a new chunk of information when learning in rote fashion
a) 2-5 seconds
b) 5-10 seconds
c) 10-15 seconds
d) 15-20 seconds

17) Knowledge can compensate for deficits in information-processing ability by replacing computation with relatively effortless retrieval.
a) True
b) False

18) Which phenomenon indicates that the more one knows, the more difficult it is to acquire new information in tasks such as learning successive related word lists?
a) neural static
b) phonological clutter
c) storage limits
d) proactive interference

19) Ericsson & Charness (1994) suggest that little or no age-related decline may occur with what type of practice?
a) focused practice
b) subliminal practice
c) deliberate practice
d) indirect practice
Questions from chapter 7

20) Early views of emotion and old age were dominated by the theme of
   a) worry
   b) contentment
   c) loss
   d) freight

21) The only area where Levenson et al. (1994) found clear cut evidence of a decrease in subjective emotional experience was using the
   a) directed facial action task
   b) sad film
   c) relived emotions
   d) amusing film

22) Lawton et al. (1992) suggest that older people experience lower rates of all psychiatric disorders than do younger people due to the contribution of
   a) life experience
   b) psychological adaptation
   c) mental accommodation
   d) emotional competence

Questions from chapter 8

23) Which is NOT one of the three basic needs identified by self-determination theory?
   a) actualization
   b) autonomy
   c) competence
   d) relatedness

24) What refers to behaviors that are motivated by their inherent satisfaction?
   a) hedonic motivation
   b) id motivation
   c) self motivation
   d) intrinsic motivation

25) What is defined within SDT as volition?
   a) relatedness
   b) competence
   c) autonomy
   d) dependence
Questions from chapter 9

26) Disengagement theorist view declines in social activity as involuntary and maladaptive.
   a) True
   b) False

27) Socioemotional selectivity theory posits that social interaction serves all these psychological goals EXCEPT
   a) maturing of relationships
   b) acquisition of information
   c) development and maintenance of self-concept
   d) regulation of emotion

28) Modifying one’s aspirations so that the gap between these aspirations and opportunities narrow is referred to by Brandtadder & Renner (1990) as
   a) scaling aspirations
   b) a malleable coping strategy
   c) flexible assimilation
   d) an accommodative strategy of coping

Questions from chapter 10

29) The absence of clinical disease or of significant disabilities and activity limitations among the elderly is termed
   a) normal aging
   b) good health
   c) stage 1 health
   d) baseline aging

30) The study funded by the NIA which aims to describe changes in life that are due to ovarian and chronological aging is known as
   a) SWAN
   b) EVE
   c) CALGON
   d) DOVE

31) Characteristics of individuals that are somewhat enduring across times and situations are
   a) prodromes
   b) traits
   c) constitution
   d) psyche
Questions from chapter 11

32) Williams (1994) states that normal aging, when disease is not present, is a relatively benign set of processes.
   a) True
   b) False

33) What did Siegler et al. (1991) find when the NEO-PI was administered to 35 memory-impaired patients?
   a) high neuroticism
   b) high extroversion
   c) high conscientiousness
   d) high openness

Questions from chapter 12

34) A person in his or her 50’s is about twice as likely to have experienced depression than a person 70 years old.
   a) True
   b) False

35) According to Hawton (1992) compared to the general population, depressed peoples’ risk of death by suicide is how many times higher?
   a) 15
   b) 20
   c) 25
   d) 30

36) What does Enns & Cox (1997) propose as a risk factor for the development of depressive symptoms?
   a) neuroticism
   b) pessimism
   c) isolation
   d) shyness

37) According to Tourigny-Rivard (1997) what is a problem with the use of antidepressants with older adults?
   a) costs
   b) stigma
   c) side effects
   d) forgetting to take them
Questions from chapter 13

38) According to Blazer (1994) what percent of nursing home residents are depressed?
   a) 30%
   b) 40%
   c) 50%
   d) 60%

39) The most frequently cited factors relevant to depression in older adults include all EXCEPT
   a) physical health status
   b) cognitive status
   c) financial status
   d) psychosocial context

40) What concept does Gatz (1998) propose to address age differences in the quality of depression?
   a) emotional inoculation
   b) affective resilience
   c) affective reserve
   d) emotional buffering

Questions from chapter 14

41) Managed care along with widespread availability and lower costs have contributed to the proliferation of which movements?
   a) self-change and pharmacological
   b) pharmacological and naturopathic
   c) naturopathic and self-help
   d) self-help and self-change

42) What are the expert's predictions of the top 2 theoretical orientations of the future?
   a) psychobiological, cognitive
   b) humanistic, client-centered
   c) systems/family systems, technical eclecticism
   d) existential, psychoanalytic