

## Chapter 1—Studying Personality: Assessment, Research, and Theory

### MULTIPLE CHOICE

1. We research theories of personality to
  - a. agree with all theorists on their own personality theories.
  - b. describe their use for real-world problems.
  - c. show how personality theories are superior to any other theories.
  - d. generalize that all people are the same across cultures.

ANS: B                      PTS: 1                      REF: The Study of Personality

2. Understanding and knowing your own personality
  - a. will help you to diagnose others that are different from you.
  - b. will help you find compatible people in your life.
  - c. will help you to avoid people who are not perfect for your life.
  - d. will help determine your success and life fulfillment.

ANS: B                      PTS: 1                      REF: The Study of Personality

3. We \_\_\_\_\_ personality in order to better understand ourselves and others.
  - a. correct
  - b. exaggerate
  - c. judge
  - d. ignore

ANS: C                      PTS: 1                      REF: The Study of Personality

4. Your personality can be shaped by
  - a. organic reflex reactions.
  - b. the number and variety of your social situations and interactions with others.
  - c. hypnosis.
  - d. adult neurosis.

ANS: B                      PTS: 1                      REF: The Study of Personality

5. Wundt and others created the study of psychology but believed the subject was also linked to
  - a. the study of physics and chemistry.
  - b. the analysis of basic elements as they pertain to our mind.
  - c. culture and the variety of our interactions with people.
  - d. all of the above.

ANS: D                      PTS: 1                      REF: The Study of Personality

6. Watson was a psychologist who focused on \_\_\_\_\_ in the United States.
  - a. behaviorism
  - b. psychoanalysis
  - c. existentialism
  - d. cognitive processes

ANS: A                      PTS: 1                      REF: The Study of Personality

7. \_\_\_\_\_ presents a mechanistic picture of human beings.
  - a. Psychoanalysis
  - b. Education
  - c. Medication
  - d. Behaviorism

ANS: D                      PTS: 1                      REF: The Study of Personality

8. Freud based his theory of personality on
- a. the laboratory setting.
  - b. cognitive processing.
  - c. clinical observation of his patients.
  - d. behaviorism.

ANS: C PTS: 1

REF: The Place of Personality in the History of Psychology

9. Learned habits and response systems are attributed to
- a. Jung.
  - b. Watson.
  - c. Skinner.
  - d. Freud.

ANS: C PTS: 1

REF: The Place of Personality in the History of Psychology

10. Behaviorism, according to \_\_\_\_\_, perceives human beings as well-ordered machines.
- a. Skinner
  - b. Watson
  - c. Jung
  - d. Freud

ANS: B PTS: 1

REF: The Place of Personality in the History of Psychology

11. Neo-psychoanalysts focus on
- a. their own interpretations of behavior.
  - b. behaviorism.
  - c. learned responses and habits.
  - d. the whole person in how they function in the real world.

ANS: D PTS: 1

REF: The Place of Personality in the History of Psychology

12. \_\_\_\_\_ is generally considered to have formalized the study of personality.
- a. Freud
  - b. Allport
  - c. Jung
  - d. Skinner

ANS: B PTS: 1

REF: The Place of Personality in the History of Psychology

13. Personality can be summed up by which of the following phrases?
- a. Personality is how we perceive ourselves and also how others perceive us.
  - b. Personality shows that we are deterministic, mechanical and don't change throughout our lives.
  - c. Personality involves the interpretations of fantasies and past recollections of repressed memories.
  - d. Personality is entirely based on how we were treated during childhood.

ANS: A PTS: 1 REF: Definitions of Personality

14. Persona is
- a. a person's mechanistic behavior.
  - b. predictable and automatic.
  - c. like a mask used by actors in a play.
  - d. only what others think about us.

ANS: C PTS: 1 REF: Definitions of Personality

MSC: WWW

15. Your personality can be
- a. rigid and inflexible.
  - b. constantly changing.
  - c. based on traits and behavior.
  - d. all of the answers

ANS: D

PTS: 1

REF: Definitions of Personality

16. Social networking sites, such as Facebook, can
- a. increase an idealized self-image.
  - b. help a person pretend they are someone else.
  - c. be as accurate as face-to-face interactions in determining personality.
  - d. all the answers

ANS: D

PTS: 1

REF: Personality, the Internet, and Social Networking

17. In research, those who have a high level of social network use
- a. are more extroverted.
  - b. are more introverted.
  - c. are more anxious.
  - d. score higher on tests of emotional stability.

ANS: A

PTS: 1

REF: Personality, the Internet, and Social Networking

18. In research, shy American college students who use text messages were more likely to experience
- a. a reduction in their feelings of loneliness.
  - b. an increase in their fears of loneliness.
  - c. no change in their feelings of loneliness.
  - d. an increase in emotional instability

ANS: A

PTS: 1

REF: Personality, the Internet, and Social Networking

19. In the past, \_\_\_\_\_ were more likely to be used in research on personality theory.
- a. white women
  - b. Latino men
  - c. white men
  - d. black men

ANS: C

PTS: 1

REF: Ethnic and Gender Issues in Personality

20. Children who are exposed to vastly different environments
- a. have vastly different personalities.
  - b. are equally the same in personality.
  - c. are more isolated and lonely.
  - d. are likely to be more introverted than extroverted.

ANS: A

PTS: 1

REF: Ethnic and Gender Issues in Personality

MSC: WWW

21. Girls and boys are still reared according to
- a. the norms of the neighborhood where they were raised.
  - b. the explicit wishes of the grandparents.
  - c. books on parenting.
  - d. traditional stereotypes.

ANS: D

PTS: 1

REF: Ethnic and Gender Issues in Personality

22. A research study from 1940 showed that those with more “masculine” jobs
- a. report lower job satisfaction.
  - b. report a higher mortality rate.
  - c. report higher rates of depression.
  - d. report higher rates of job burnout.

ANS: B

PTS: 1

REF: Ethnic and Gender Issues in Personality

23. A limiting factor in research of personality is that subjects
- come from only cultural and ethnic samples.
  - are paid and easily conform to how the researcher wants them to respond.
  - are mostly college students.
  - are mostly children and adolescents in treatment.

ANS: C                      PTS: 1                      REF: Ethnic and Gender Issues in Personality

24. Reliability involves
- consistent results on multiple administrations of a test.
  - a reliable indicator of the validity of a test.
  - a reliable score for the person taking the test.
  - a valid profile of a person taking a test.

ANS: A                      PTS: 1                      REF: Assessment in the Study of Personality

25. Which question best clarifies the meaning of validity?
- Has the test been taken by many people?
  - Does the student know what is on the test?
  - Does the test measure what it is supposed to measure?
  - Is the test reliable?

ANS: C                      PTS: 1                      REF: Assessment in the Study of Personality

26. Types of validity include \_\_\_\_\_ validity.
- predictive
  - content
  - construct
  - all the answers

ANS: D                      PTS: 1                      REF: Assessment in the Study of Personality

27. Reliability is
- the consistency of the responses to a test.
  - when a test measures what the test is supposed to measure.
  - used to validate and predict behavior.
  - the scores from different tests.

ANS: A                      PTS: 1                      REF: Assessment in the Study of Personality

28. The most widely used self-report personality test used today is
- the Rorschach Inkblot Technique.
  - the MMPI.
  - the Myers-Briggs Indicator.
  - the Thematic Apperception Test.

ANS: B                      PTS: 1                      REF: Assessment in the Study of Personality

29. The MMPI, in its different forms, is used with
- adults only.
  - adults and adolescents only.
  - only children.
  - adults, adolescents and children.

ANS: B                      PTS: 1                      REF: Assessment in the Study of Personality

30. The MMPI is NOT appropriate for
- those with lower intelligence.
  - those with lower reading skills.
  - children.
  - all the answers.

ANS: D                      PTS: 1                      REF: Assessment in the Study of Personality

31. Self-report measures of personality are advantageous because
- they are designed to be taken by children, adolescents, and adults.
  - they are designed for people of all ranges of intelligence.
  - they are designed to be scored accurately.
  - they are designed for people with all ranges of reading ability.

ANS: C

PTS: 1

REF: Assessment in the Study of Personality

32. When taking a self-report inventory, people may be more honest with their answers if
- an online test is given.
  - a paper-and-pencil test is given.
  - a person wants to look “good” on their answers.
  - a person takes a test in the classroom.

ANS: A

PTS: 1

REF: Assessment in the Study of Personality

MSC: WWW

33. A projective test of personality
- clearly describes an objective viewpoint of personality.
  - projects a person’s fears, needs, and values through the test.
  - is based on the behavioral theory of personality.
  - is based on a model created by John Watson.

ANS: B

PTS: 1

REF: Assessment in the Study of Personality

34. The Rorschach Inkblot Technique is given
- only to adults.
  - to objectively interpret the values, needs, and fears of a person.
  - only to patients in a psychiatric hospital.
  - to people of a wide range of age.

ANS: D

PTS: 1

REF: Assessment in the Study of Personality

MSC: WWW

35. In research for the Rorschach, conclusions on validity and reliability are
- mixed.
  - highly accurate and precise.
  - invalidated.
  - considered valid and reliable, since the test is so popular.

ANS: A

PTS: 1

REF: Assessment in the Study of Personality

36. The Thematic Apperception Test was developed by
- Sigmund Freud.
  - Morgan and Murray.
  - Carl Jung.
  - John Watson.

ANS: B

PTS: 1

REF: Assessment in the Study of Personality

37. The Thematic Apperception Test is a(n) \_\_\_\_\_ test.
- valid and reliable
  - objective
  - projective
  - multiple-choice

ANS: C

PTS: 1

REF: Assessment in the Study of Personality

38. The \_\_\_\_\_ is a widely used technique for personality assessment.

- a. classroom exam
- b. achievement test
- c. intelligence test
- d. clinical interview

ANS: D

PTS: 1

REF: Assessment in the Study of Personality

39. In the assessment of personality, research shows

- a. a higher level of depression in girls than in boys.
- b. a higher rate of depression in women than in men.
- c. a gender bias or stereotype for women diagnosed with depression.
- d. all the answers.

ANS: D

PTS: 1

REF: Assessment in the Study of Personality

40. \_\_\_\_\_ may affect the results in the assessment of personality.

- a. Maturation
- b. Culture
- c. Living conditions
- d. Poverty

ANS: B

PTS: 1

REF: Assessment in the Study of Personality

41. \_\_\_\_\_ students are more self-critical than \_\_\_\_\_ students in assessment of personality.

- a. European / American
- b. Australian/ American
- c. American/ Japanese
- d. Japanese / American

ANS: D

PTS: 1

REF: Assessment in the Study of Personality

42. People from collectivist cultures \_\_\_\_\_ than those from individualistic cultures.

- a. tend to be more self-critical
- b. tend to be less self-critical
- c. tend to be about the same in self-criticism
- d. tend to exhibit greater optimism

ANS: A

PTS: 1

REF: Assessment in the Study of Personality

43. Traditional Hispanic and Asian cultures tend to

- a. seek therapy more frequently than Whites.
- b. seek therapy less often than Whites.
- c. not seek therapy at all.
- d. keep their distress hidden and only reveal this distress with close family members.

ANS: B

PTS: 1

REF: Assessment in the Study of Personality

44. Case study data collected with the clinical method

- a. is more objective.
- b. reveals the truth about the person.
- c. is more precise than correlation methods.
- d. is more subjective.

ANS: D

PTS: 1

REF: Research in the Study of Personality

45. A(n) \_\_\_\_\_ is a technique for determining the effect of one or more variables on behavior.

- a. experiment
- b. case study
- c. projective test
- d. clinical observation

ANS: A

PTS: 1

REF: Research in the Study of Personality

46. The \_\_\_\_\_ variable is manipulated, while the \_\_\_\_\_ variable is the measure itself.
- independent/dependent
  - dependent/independent
  - experimental/independent
  - control/independent

ANS: A

PTS: 1

REF: Research in the Study of Personality

MSC: WWW

47. Online or virtual research is advantageous because
- there are objective and reliable sources such as Wikipedia.
  - users tend to be older and more proficient with this kind of research.
  - users are younger and more proficient with this kind of research.
  - results of online research show a significant improvement over other research methods.

ANS: C

PTS: 1

REF: Research in the Study of Personality

48. The correlational method of research compares
- the relationship between multiple variables.
  - the relationship between children, adolescents and adults.
  - the relationship between several cultures and ethnic populations.
  - the relationship between two variables.

ANS: D

PTS: 1

REF: Research in the Study of Personality

49. The primary limitation for the correlation method is
- multiple regression.
  - using statistical analysis.
  - determining cause and effect.
  - analyzing the variable.

ANS: C

PTS: 1

REF: Research in the Study of Personality

## TRUE/FALSE

1. John Watson formed the movement called existentialism.

ANS: F

PTS: 1

REF: The Place of Personality in the History of Psychology

2. Freud is known as the founder of psychoanalysis.

ANS: T

PTS: 1

REF: The Place of Personality in the History of Psychology

3. Ethnicity and culture are considered widely variable in the study of personality.

ANS: T

PTS: 1

REF: Ethnic and Gender Issues in Personality

4. Reliability of assessment techniques is intended to measure a certain test and its scores.

ANS: F

PTS: 1

REF: Assessment in the Study of Personality

5. The MMPI is considered a projective measure of assessment.

ANS: F

PTS: 1

REF: Assessment in the Study of Personality

6. The MMPI is not appropriate for people with limited reading skills.

ANS: T                      PTS: 1                      REF: Assessment in the Study of Personality

7. A test-taker tends to make himself appear unacceptable on a self-report inventory.

ANS: F                      PTS: 1                      REF: Assessment in the Study of Personality

8. Self-report inventories remain the most objective approach to personality assessment.

ANS: T                      PTS: 1                      REF: Assessment in the Study of Personality

9. Online testing is less expensive and less time-consuming than conventional classroom tests.

ANS: T                      PTS: 1                      REF: Assessment in the Study of Personality

10. There is a significant difference in scores between online tests and paper-and-pencil tests.

ANS: F                      PTS: 1                      REF: Assessment in the Study of Personality

11. Projective tests are totally accurate and objective in their ability to describe personality.

ANS: F                      PTS: 1                      REF: Assessment in the Study of Personality

12. Projective tests have low reliability and low validity, but are widely used anyway.

ANS: T                      PTS: 1                      REF: Assessment in the Study of Personality

13. The Rorschach Inkblot tests can be widely used for ethnic minorities rather than the MMPI.

ANS: F                      PTS: 1                      REF: Assessment in the Study of Personality

14. Clinical interviews and behavioral assessments are routinely done for assessment of personality.

ANS: T                      PTS: 1                      REF: Assessment in the Study of Personality

15. Men are more often diagnosed with depression than are women.

ANS: F                      PTS: 1                      REF: Assessment in the Study of Personality

## ESSAY

1. Watson argued that psychology must be studied by our senses, while Freud believed we should study the unconscious mind. Give two real-life examples of the importance of how we study with our senses as in Watson's viewpoint, and two examples in real-life of why we need to focus on the unconscious.

ANS:

Real-life examples for Watson may include that our senses are observable, conscious, and objectively measured. Freud's study of the unconscious is not scientifically provable, relies on insight of the client and the therapists as the interpreter, and is not easily measured.

PTS: 1                      REF: The Place of Personality in the History of Psychology



2. The Internet, Facebook, and other media has increased our social networking. Give your opinions on how social networking can (A) increase and (B) decrease the accuracy of how we can perceive others? Give at least two different responses for A and B.

ANS:

Grade on the ability to give two quality answers for both A and B.

PTS: 1

REF: Personality, the Internet, and Social Networking

3. Until recently, culture and ethnicity were not studied in the assessment of personality. However, traditional research studies have been done extensively on family background, gender differences and life span development. (A) Share at least three reasons why culture and ethnicity are important concepts to add to present day research. (B) Now relate culture and ethnicity to such problems as gangs and turmoil in public schools.

ANS:

The student should give three quality answers for the rationale behind the need to study race and ethnicity and relate this to a real-life problem(s) in our society.

PTS: 1

REF: Ethnic and Gender Issues in Personality

4. (A) List at least three differences between paper-and pencil tests and online tests. (B) Provide an example of what kind or type of personality test would be best-suited for a paper-and pencil type test and for an online test.

ANS:

Online tests are less expensive, less time-consuming, acceptable to younger test-takers and more objective. Paper-and pencil tests are more susceptible to time constraints, scoring could be less objective, and there may be concerns about how a person feels about their personality. The Rorschach Inkblot test, the TAT, and Sentence completion would be examples of paper-and pencil tests while the MMPI and job applications and personality preferences could be inventoried with online tests.

PTS: 1

REF: Assessment in the Study of Personality

5. The case study or case history is the primary method for studying a patient's emotional problems.  
(A) What are at least three benefits from studying case studies and/or case histories?  
(B) What are three deficits in studying only case studies?

ANS:

Case studies can help us develop a theory of personality, focus on conflicts, traumas, and events in which it is critically important to understand personality. Case studies cannot be replicated with the study of others, may reflect the therapists' personal biases, childhood events may be distorted over time, and are largely related to unconscious events and memories.

PTS: 1

REF: Research in the Study of Personality