**10 Biopsychology of Emotions, Stress and Health: Multiple Choice Questions for Students**

1. The theory that proposes emotions are felt as a result of internal physiological response is the

1. Darwinian theory
2. James–Lange theory
3. Cannon–Bard theory
4. none of the above

Answer B

2. The hippocampus, amygdala, anterior thalamic nuclei and limbic cortex belong to the

1. basal ganglia
2. cerebellum
3. straite cortex
4. limbic system

Answer D

3. According to Darwin, the expression of emotions in humans

1. is unique to humans
2. is learnt from our peers
3. is learnt from our parents
4. evolved from similar expression seen in animals

Answer D

4. Which are of the brain associated with emotion appears to be associated with unconscious priming of sights and smells?

1. insular
2. cingulate gyrus
3. hypothalamus
4. amygdala

Answer B

5. The motivational system associated with aversive motives in which the goal is to move away from something unpleasant is thought to be the

1. behavioural approach system
2. behavioural inhibition system
3. behavioural reserve system
4. behavioural action system

Answer A

6. Which of the following theories suggests that any facial movement or expressions you make can have a direct effect on your emotional experience?

1. facial formulation hypothesis
2. expression reaction hypothesis
3. Duchenne hypothesis
4. facial feedback hypothesis

Answer D

7. Which of the following enzymes has been linked to behaviours such as violence and impulsiveness?

1. MAO-A
2. NAO-A
3. BAO-A
4. AOA-A

Answer A

8. Long-term stress is sometimes termed \_\_\_\_\_ stress.

1. acute
2. chronic
3. sharp
4. vital

Answer B

9. Adrenal gland responds to detection of adrenocorticotrophic hormone (ACTH) and releases

1. dopamine
2. estrogen
3. cortisol
4. dopamine

Answer C

10. Which of the following fight infection and communicate with the brain to let you know that you are ill?

1. B cells
2. cytokines
3. NKT cells
4. phagocytes

Answer B