

## **Practice Exam 1: Answer Key**

### Unit Breakdown for Multiple-Choice Questions

- Unit 1 (2-4%) Psychology's History & Approaches: 4, 9, 49 (3%)  
Unit 2 (8-10%) Research Methods: 6, 19, 22, 25, 38, 52, 53, 54, 100 (9%)  
Unit 3 (8-10%) Biological Bases of Behavior: 5, 20, 21, 23, 36, 37, 45, 75, 94, 98 (10%)  
Unit 4 (6-9%) Sensation & Perception: 10, 33, 34, 87, 95, 96, 97 (7%)  
Unit 5 (2-4%) States of Consciousness: 35, 76, 92 (3%)  
Unit 6 (7-9%) Learning: 11, 27, 28, 50, 51, 55, 62, 65, 80 (9%)  
Unit 7 (8-10%) Cognition: 12, 24, 29, 41, 42, 44, 60, 99 (8%)  
Unit 8 (6-8%) Motivation, Emotion, and Stress: 7, 8, 77, 78, 79, 88, 93 (7%)  
Unit 9 (7-9%) Developmental Psychology: 26, 39, 48, 57, 58, 72, 73, 90, 91 (9%)  
Unit 10 (5-7%) Personality: 2, 40, 46, 56, 59, 61, 71 (7%)  
Unit 11 (5-7%) Testing & Individual Differences: 16, 68, 69, 85, 86, 89 (6%)  
Unit 12 (7-9%) Abnormal Behavior: 14, 30, 43, 66, 67, 70, 81 (7%)  
Unit 13 (5-7%) Treatment of Abnormal Behavior: 13, 15, 18, 31, 74, 83 (6%)  
Unit 14 (8-10%) Social Psychology: 1, 3, 17, 32, 47, 63, 64, 82, 84 (9%)

### **Multiple Choice**

1. (C) An external or situational attribution explains the neighbor's behavior based not on personal characteristics (internal), but on the circumstances surrounding the individual (external).
2. (E) Sigmund Freud is associated with the psychoanalytic theory, which places strong emphasis on childhood, the unconscious and sex and aggression as motivating factors for thoughts and behavior.
3. (B) Social loafing occurs when individuals do not work as hard in a group as when they work independently. Some of the students who signed up for the community service project are not working hard because others are around who can presumably contribute to the workload.
4. (E) The humanistic approach looks for the potential and good in people; it often looks to the future and is optimistic about the ability of individuals to become the people they want to be.
5. (B) Wernicke's Area is located in the left temporal lobe. Johann's stroke has impacted the right side of his body, which indicates that the damage is in his left hemisphere. Johann also cannot understand speech, which is consistent with the function of Wernicke's area. Broca's area, located in the left frontal lobe, is responsible for the production of speech.
6. (A) No mention of informed consent is made in the description of Lisa's experiment with her kindergarten class. The dependent variable and operational definitions are not ethical factors, but factors in the experimental design of the study. There is a mention that Lisa debriefed her participants and used numerical codes to protect the confidentiality of the participants. The study of cognitive assessment does not seem to present any emotionally traumatic circumstances for the children.
7. (C) The overjustification effect involves three components. The first is to have a task that is initially intrinsically motivating as lacrosse is in the prompt. The second is that the task is rewarded extrinsically (by the scholarship). Finally, the task is no longer intrinsically motivating because the lacrosse player only continues playing to keep her scholarship.

## AP Psychology

8. (E) The three stages of the general adaptation syndrome are alarm in which the individual prepares for the emergency, resistance in which the person fights through any challenges (as Mary fights through in her studies), and finally exhaustion in which the person can no longer fight off the stressor and may become ill.

9. (C) Functionalism is an early school of thought promoted by William James. It explored how mental and behavioral processes function, how they enable the organism to adapt, survive, and flourish. Before James, Wilhelm Wundt and Edward Titchener attempted to break an individual's conscious experiences into its most basic parts by using the process of introspection. James countered with the idea that evaluating one's stream of consciousness would provide a better overall assessment of an individual.

10. (D) Bipolar and ganglion cells carry messages from the visual receptors in the retina to the optic nerve which will take visual messages to the brain. The fovea in the retina holds only cones, which are the visual receptors for color vision.

11. (A) Negative reinforcement involves removing an unwanted stimulus in order to increase a desired behavior. Here, performing the ritual removes Henry's anxiety, which causes him to perform the ritual more often.

12. (D) A mnemonic device is a tool to aid which allows one to remember a desired item or list of items. Mnemonic devices often involve the use of acronyms but can also involve purposeful associations.

13. (C) Unconditional positive regard is the attitude Carl Rogers recommended in order to create an atmosphere of trust and empathy between therapist and client. According to Rogers, without this essential component therapy would not be successful.

14. (C) A major depressive episode involves symptoms present for at least two weeks and is characterized by a loss of interest in activities that the individual once found interesting. The individual may have thoughts of suicide or a specific plan for suicide and may have trouble sleeping or sleep for long periods. The individual may also suffer from weight loss or gain and have problems thinking or concentrating.

15. (B) Free association is a treatment method associated with Sigmund Freud in which a therapist connects events reported by the client to issues that may be held in the unconscious or that may have roots that stem from childhood experiences.

16. (D) Test-retest reliability occurs when a test produces the same result on more than one occasion. The ACT provided consistent results each time Gerald took it. Tests with high test-retest reliability should be assessing the same knowledge each time.

17. (E) Peripheral route persuasion is a method of persuasion in which an individual uses circumstantial or unimportant information to make a decision. In the prompt, Kaitlin does not investigate whether the college has her major, how far the college is from home, the level of rigor, or any other important elements for selecting a college.

18. (D) Aaron Beck is often associated with cognitive therapy, which makes efforts to modify irrational the thinking and perceptions of those suffering from an illness. In the prompt, Gwendolyn internalized her failure and thinks she can never overcome this singular downfall. In addition, she has globalized the problem, making it much larger than it actually is.

19. (B) The prompt indicates that there is a relationship between sleeping and driving accuracy. Because there is no control of the independent variable (amount of sleep) this cannot be an experiment. This is a

## AP Psychology

negative correlation because lower amounts of sleep are associated with an increase in errors in driving, demonstrating an inverse relationship between the variables.

20. (A) The autonomic nervous system is responsible for automatic functions such as breathing and heart rate.

21. (A) SSRIs act as agonists for serotonin. Serotonin is associated with appetite, sleep and mood; high levels are often associated with episodes of mania and lower levels are associated with depression. SSRIs raise levels of serotonin by preventing the reuptake of some serotonin in the synapse. Norepinephrine also plays a role in mood and arousal.

22. (D) Weight lifting is the independent variable because the experimenter controlled the amount of time that the groups spent weight lifting. The dependent variable is the outcome or measurable variable in the experiment, which is the speed of the athletes.

23. (C) The hippocampus is the area in the brain responsible for transferring short-term to long-term memories. The prompt indicates that Edwin can no longer form new memories.

24. (C) A mental set is the tendency for people to continue using problem solving strategies that have worked in the past, which may cause them to miss simpler approaches to solving problems.

25. (D) A positive correlation exists when two variables, such as watching violent TV and playing violent video games, increase or decrease together.

26. (C) Egocentrism is a characteristic of the preoperational stage, which is the second of Piaget's four stages of cognitive development. An egocentric child sees the world through only his or her perspective. In the prompt, Evan can see the television and cannot understand why his mother cannot.

27. (D) Intrinsic motivation is a desire to perform a behavior effectively for its own sake. Excessive rewards can sometimes destroy intrinsic motivation.

28. (E) The conditioned response is something that has been learned. Since first eating the bad Caesar salad (unconditioned stimulus) and getting sick (unconditioned response), Jerry becomes nauseous (conditioned response) even at the smell of Caesar salad (conditioned stimulus). The neutral stimulus generally becomes the conditioned stimulus after learning has occurred.

29. (B) A representative heuristic is based on how probable an event may be based on a prototype of similar events. Alana is basing her bet off of the idea that red and black should win an equal number of times and she has not yet seen black win.

30. (D) Dissociative disorders are characterized by a "split" in one's conscious awareness. In this case, the split occurred when Edith left her normal life and traveled to an alternative location, taking on a new identity. This often occurs when the individual is under excessive stress and results in a "fugue" state.

31. (B) The biopsychosocial approach examines multiple factors when assessing mental illness, taking into consideration the individual's genetic predisposition for illness, their social and cultural environment, and psychological influences such as stress or trauma.

32. (B) Discrimination is the outward action based on a prejudice towards a certain group of individuals. Individuals may hold stereotypical or prejudicial beliefs about others without acting upon them, in which case they are not demonstrating discrimination.

33. (A) Interposition is the monocular depth cue that states that when one item blocks the view of another we perceive the first item as closer to us.
34. (B) Feature detectors are neurons that respond to particular aspects of incoming visual stimuli such as the orientation of lines (horizontal, vertical angled).
35. (A) Sleep spindles are rapid bursts of activity that occur during Stage 2 of sleep. As a person transitions from beta waves (quick rapid) brain waves to delta waves (long slow brain waves), they experience theta waves and sleep spindles in NREM-2, which serves as a transition between a lighter and deeper sleep.
36. (A) As an action potential moves through an axon, sodium ions which are on the outside of a resting neuron rush into the interior, pushing out the potassium and chloride ions (which are on the interior of the resting neuron), thus causing depolarization which moves a message down the axon.
37. (A) The amygdala is the emotional center located in the limbic system, which regulates emotions such as fear and aggression.
38. (C) Results that are statistically significant are represented by  $p \leq .05$ , meaning that the results of the study are not likely due to chance and are likely because of the manipulation of the independent variable. It is not correct to suggest that these results are “important,” as statistical significance merely relates to chance.
39. (D) Intimacy vs. Isolation is the stage of Erikson’s psychosocial development in which an individual tries to form intimate, loving relationships with another person.
40. (B) Projection is a defense mechanism that involves placing one’s own feelings, generally negative ones, onto someone or something else. In the prompt Kari does not like her instructor but claims that it is the instructor who does not like her.
41. (A) Insight is a type of problem solving in which a solution suddenly “pops into one’s head” after several failed attempts. In the prompt, at first Debbie cannot see how all of the tools would be used to change a tire, but then she suddenly realizes the solution.
42. (D) Skinner believed that children learn language by being rewarded or punished for making certain sounds. Since baby Adelade is rewarded with a soft lamb each time she says “ba”, she utters that sound more frequently, with the lamb serving as positive reinforcement.
43. (C) Narcissistic personality disorder involves self-love and the belief that the individual is better than others and somehow deserving of special treatment. These characteristics are consistent with Darren’s behavior in the prompt.
44. (C) Divergent thinking is a problem solving technique in which multiple pathways to arrive at a correct solution. There may be many different “correct” ways to solve the problem.
45. (C) Fraternal twins develop from separate fertilized eggs. They are genetically no closer than brothers and sisters. Identical twins develop from a single fertilized egg that splits in two, creating two genetically identical organisms.

## AP Psychology

46. (B) Karen Horney believed that childhood social tensions (not sexual, as Freud proposed) were crucial for personality formation.
47. (A) Group polarization occurs when a group moves to a more extreme position. When the group of students listens to a radical speaker, they collectively move to a position more extreme than they held before.
48. (D) The conventional level of Kohlberg's theory of moral development includes approval-seeking and law and order authority stages. In this stage, our moral decision making is guided by what others will think of us, rather than what we personally believe to be right or wrong.
49. (B) Industrial-Organizational psychologists seek to improve the workplace by addressing work place satisfaction. They also plan training programs and hire individuals who are an appropriate match for the organization.
50. (A) A variable ratio schedule of reinforcement is based on doing an action an unpredictable number of times before the reinforcement is given. In Amelia's case she has to play to win, but she does not know how many times she has to play before she actually does win.
51. (A) Robert Rescorla added to the idea of conditioning from solely observable behaviors by indicating that an animal's behavior was dependent on their perceived likelihood of gaining a reward.
52. (C) Random assignment in a study involves placing participants into either the control or experimental group. Professor Randolph has just completed placing the participants into either the group that received sugar-free or regular chewing gum.
53. (C) Pounds of lost weight is the dependent variable because it is the variable that is measured at the outcome of the study. The amount of sugar-free gum or regular gum given to the participants is the independent variable because the experimenter controls this factor.
54. (D) The participants in this study act normally because this is a naturalistic observation, where the individuals being studied are not aware that they are being observed. Because participants act normally, a benefit of naturalistic observation is that participants are not purposely behaving as they believe the experimenter wants them to behave.
55. (E) Spontaneous recovery is the reappearance of a conditioned response after a period of extinction. Penelope once feared going to the dentist, eventually overcame her fear, and suddenly her fear unexpectedly returned.
56. (A) Carl Rogers believed that when the real-self and the ideal-self have a fairly good match, an individual has an accurate self-concept, which he labeled congruence.
57. (D) A teratogen is an agent that can interfere with proper development of an embryo, or fetus; drinking alcohol or taking drugs while pregnant can act as teratogens.
58. (D) Baumrind characterized authoritarian parents as those who act in a dictatorial manner towards their children, setting rules and regulations without input from their children and enforcing the rules strictly.

## AP Psychology

59. (C) The “Big Five” personality characteristics introduced by Costa and McCrae list Openness, Conscientiousness, Extraversion, Agreeableness and Neuroticism (CANOE) as the main characteristics that make up one’s personality.
60. (E) Procedural memories generally contain “how to” tasks such as riding a bike or brushing one’s teeth.
61. (A) The Thematic Apperception Test (TAT) is a type of projective test that presents participants with a ambiguous pictures and asks them to describe what is happening in the picture as well as what happened before and after. This is intended to bring out their inner thoughts and feelings.
62. (D) E.L. Thorndike’s *law of effect* served as a precursor to the behaviorist theory. It proposed that behaviors that were rewarded would be repeated. When cats found the solution to escape from the puzzle box, they were rewarded with freedom and therefore repeated the action over and over again.
63. (A) Cognitive dissonance occurs when tension results from an inconsistency between one’s actions and beliefs. Cassie believes that she should recycle but she does not always carry through and feels guilty as a result.
64. (B) In Stanley Milgram’s study on obedience, if a participant who was serving as a teacher saw other “teachers” refuse to issue increased shock to the “learner,” they were less likely to continue to administer shocks as well.
65. (D) Mary Cover Jones worked on counterconditioning by associating fearful objects or events with pleasant experiences. In the prompt, associating pleasant experiences with a dog can extinguish a fear of dogs.
66. (C) Flat affect is a negative symptom of schizophrenia because there is a lack of emotional responsiveness. Negative symptoms represent a loss or deficit of something that should be present.
67. (C) Obsessive-compulsive disorder is characterized by consistent thoughts (obsessions) accompanied by a ritualized behavior (compulsions), which are repeated over and over again. Jared’s belief that he must walk through the door perfectly in the center takes up much of his day, this causes discomfort and consumes his thoughts if not done correctly.
68. (B) An achievement test assesses what one currently knows. In the prompt, Kimberly is tested on what she has learned in her woodworking class.
69. (A) The *g* factor is the term Charles Spearman used to identify general intelligence. The *g* factor is made up of numerous different specific intelligences (*s*). Multiple intelligences are consistent with the ideas of Spearman but the term is generally associated with Howard Gardner.
70. (D) Dustin is experiencing delusions. Delusions are false beliefs, such as believing that the government and his family are out to get him.
71. (A) Carl Jung is the Neo-Freudian who discussed the collective unconscious.
72. (C) Terminal decline may occur in individuals very late in life (the last three or four years) and is characterized by a relatively significant loss in cognitive abilities. This drop is not associated with cognitive ailments such as Alzheimer’s or early onset dementia.

## AP Psychology

73. (B) Carol Gilligan challenged Lawrence Kohlberg's levels of moral development. She believed that men in western cultures were most likely to progress to the post conventional level of moral reasoning and therefore posed her own theory regarding women, which related to care and relationships.
74. (E) Group therapy allows clients to see that others struggle from the same types of challenges and gives them support to realize they are not alone.
75. (E) The pituitary gland produces growth hormone and serves as the "master gland" for the endocrine system.
76. (A) Hilgard believed that individuals who were hypnotized dissociated, or separated from one's self. This separation is what Hilgard believed allowed people to endure higher levels of pain when hypnotized.
77. (C) Paul Ekman theorized that there are six universal facial expressions.
78. (E) Self-actualization is the level at which Maslow believed that individuals reach their highest potential. In the prompt, Miguel has reached this level in his running experiences. The levels in Maslow's hierarchy build upon one another.
79. (B) The drive-reduction theory of motivation proposes that when one is deprived of a physiological need, they become consumed with satisfying that need until it is met. In the prompt, Alicia is thirsty and she finds it difficult to concentrate on anything else aside from satisfying her thirst.
80. (C) Garcia examined taste aversion in rats by providing sweetened water that would nauseate rats, who would avoid the sweetened water in future trials.
81. (D) Somatic symptom disorders are characterized by physical complaints in the absence of any evidence of physical impairment. Jacob complains of body aches and pains but doctors cannot find any physical evidence of an illness.
82. (A) Muzafer Sherif believed that by creating superordinate goals in which all members had to contribute to find success, prior prejudices and scapegoating could be overcome.
83. (D) Systematic desensitization is a type of behavioral therapy in which a person is gradually exposed to experiences or objects they fear. In the prompt, Kara feared social situations, but is gradually exposed to more intense social situations until she becomes comfortable and can move on to the next step.
84. (C) Scapegoating occurs when a person or a group of people are blamed when something goes wrong. Jonathan's two sisters gang up on him and blame him for the disorganized house.
85. (D) The exam has been standardized to be sure that all of the test takers are provided with the same conditions in which to take the exam. The exams must also be proctored in the same way. This allows the result of these exams to be compared to one another.
86. (B) Alfred Binet created the first intelligence tests. The tests assessed the knowledge of young children before they attended public school in order to determine which children needed extra help to start on an equal level with their peers.
87. (E) Continuity is a Gestalt principle that occurs when we continue a line or a pattern as a single object rather than as a series of multiple objects.

## AP Psychology

88. (C) Schachter and Singer added the component of cognitive appraisal to theories of emotion. The theory is often referred to as “two-factor.” The first factor indicates that one needs to be physiologically aroused to feel an emotion, and the second indicates that the individual also needs to think about the situation they are in before they label their emotion.

89. (E) Savant syndrome supports Gardner’s theory of multiple intelligences. Frances would have a high level of musical intelligence, but because of his other deficits would likely be diagnosed with savant syndrome.

90. (E) The fertilized egg is called a zygote. The second stage of prenatal development the developing baby is an embryo and finally, in the third phase, called a fetus.

91. (A) According to Thomas and Chess, children with a difficult temperament are often fussy and hard to calm. Children with easy temperaments are easy-going and easily soothed. Slow-to-warm-up babies are shy and reserved at first, but once they feel comfortable are outgoing and friendly.

92. (B) Ecstasy (MDMA) is both a stimulant and mild hallucinogen. As an amphetamine derivative, it triggers dopamine release, but it also releases stored serotonin and blocks its reuptake, prolonging serotonin’s “feel-good flood.” This long-term, repeated leaching of serotonin in the brain can damage serotonin-producing neurons and an increased risk of a permanently depressed mood.

93. (C) Insulin is secreted by the pancreas and absorbs glucose from the blood. Diabetics use insulin therapy to maintain sugar in the bloodstream within normal levels.

94. (A) PET scans will show the flow of radioactive glucose in the blood as it moves through the brain. Areas that are more active will show higher blood flow than areas that are less active.

95. (D) One’s kinesthetic sense provides feedback about the position of the body parts in space. In the prompt, Betty’s ballerina skills are aided by her kinesthetic sense because she knows how to pose her body to get each move correct.

96. (C) Transduction is the process of transforming physical information from the world into neural information that can be processed by the brain. In the eye this occurs in the bipolar and ganglion cells and in the ears it occurs in the cochlea.

97. (B) Weber’s law indicates that the change in a stimulus must be a direct proportion of the original stimulus if one is to notice same difference. Therefore, in the prompt, when Andrew notices a ten-pound weight is heavier when he adds one pound, he must add five pounds to a fifty-pound weight because in each of these cases, the change is the same proportion (one-tenth) of the original stimulus.

98. (A) The temporal lobe processes the information for hearing that comes from our ears.

99. (B) The misinformation effect has been tested by Elizabeth Loftus. She incorporated information into people’s memories that they had never experienced, and they often adopted these memories as their own.

100. (C) A normal bell curve has a symmetrical distribution in which the mean, mode and median are the same. In a positively skewed distribution the mean is higher than the mode or the median. In a negatively skewed distribution, the mean is lower than the mode or the median.

## Free Response Questions

### General Considerations

- If the response is not presented in order, students must clearly indicate to which part of the question they are responding.
- All responses must be written in complete sentences.
- A correct definition alone cannot score but may contribute to a correct application. Students must establish a connection to the prompt for each point.
- Students will not be penalized for misinformation unless it directly contradicts correct information.
- If a student provides an incorrect definition but a correct application the incorrect definition may be dismissed as misinformation because the question is asking the student to apply the terms.
- Rubric examples provided for each point are not to be considered exhaustive.
- Students must provide a synonym or explanation to express the meaning of a term and cannot use the term itself to explain the term.

## Free Response Question 1

### Part A:

**Point 1: Openness to Experience.** One who is high on the personality factor of openness to experience is generally willing to try new experiences.

For example, if Alexis is high on the scale of openness to experience, she will likely enjoy the new experience and respond enthusiastically to the new rides and entertainment. If Alexis is low on the scale of openness to experience, she may be reluctant to try the new opportunities presented to her at the amusement park and not have a good time.

**Point 2: Yerkes-Dodson Law.** The Yerkes-Dodson law relates to the level of arousal that is appropriate for the optimal level of performance. For moderately difficult tasks, a moderate level of arousal is best. For easy tasks, levels of arousal should be high to moderate. For difficult tasks, levels of arousal should be low to moderate.

For example, if Alexis plays a game at the amusement park and she is very anxious because she wants to perform well, she may not do well because her level of arousal is too high, thereby reducing her level of concentration on the game. If she does not do well and doesn't win a prize, she may feel like she is not having a very good time.

**Point 3: Selective Attention.** Selective attention involves the ability to focus on a single stimuli from various stimuli presented in the environment.

Because there are so many sights and sounds to experience at the amusement park, Alexis may find herself focusing only on one ride that she really wants to go on, even if she has to wait in line for a long time. This intense focus on one particular experience may cause her to miss other sites and rides in the park.

**Point 4: Reticular Formation.** The reticular formation, located in the brainstem, is a neuron network primarily responsible for levels of attention and arousal. The reticular activating system is primarily responsible for levels of attention and arousal.

If Alexis is particularly nervous when she is on rides in the park, her reticular formation may send many messages to her thalamus and thus keep her very aroused and alert.

**Part B:**

**Point 5: Confirmation Bias.** Individuals will look for evidence that supports what they already believe, even if that means discounting or unconsciously ignoring alternative information.

If Alexis believes that amusement parks are really fun and that everyone loves them, she will be more likely to identify only those individuals at the park who seem to be having a great time to confirm her belief.

**Point 6: Retroactive Interference.** Retroactive interference involves the forgetting of older information because it has been replaced by newer information.

As Alexis experiences other amusement parks and rides, she will forget this early experience as “old” information and her new experiences will be more vivid in her memory. Also, as Alexis becomes more familiar with the rides at the amusement park she may lose her fear of the rides, she may forget that she was ever afraid of the rides.

**Point 7: Misinformation Effect.** The misinformation effect occurs when memories of a past event are changed based on information that is added after the fact.

If someone later asks if Alexis remembered riding the biggest roller coaster when she went to the amusement park, she may respond that she had, even if she never went on that particular ride.

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## Free-Response Question 2

### Part A

**Point 1: Independent Variable.** The independent variable is the diet the participants ate (either the regular diet or the high protein, low-fat diet).

**Point 2: Dependent Variable.** The dependent variable is athletic performance.

**Point 3: Operational Definition.** Students must make an effort to measure athletic performance. Examples may include but are not limited to speed, agility, a battery of athletic tests, strength, etc.

**Point 4: Control Group.** The control group is the group who continues to eat the same diet they were eating before the start of the experiment.

**Point 5: Experimental Group.** The experimental group is the group that receives the high protein low-fat diet.

### Part B

**Point 6: Ethical Considerations.** If the experimenter is aware that the diet that participants are currently eating is dangerous to their health, they may be obligated to intervene rather than allowing them to continue to eat poorly.

*Other ethical considerations with a reasonable connection to the experiment may also score.*

**Point 7: Debriefing.** At the conclusion of the study, all participants must be told to which group they belonged and what the study intended to examine.

**Point 8: Selection of Participants.** (Random selection.) The participants selected from the population are defined as everyone enrolled at Professor Brody's university. The sample should be randomly selected from the population.

**Point 9: Assignment of Participants.** (Random assignment.) Once the participants have been selected, they should be randomly distributed into the experimental and control conditions. This can be done by giving each participant a number and randomly selecting numbers, alternating between assignment to the experimental or control group.