

Answers to these sample questions are at the bottom of the “Supplementary Lecture Notes: Chapter 1: Introduction” web page on the course web site.

Chapter 1: Introduction

1. *The hard problem is
- A) the fact that research outcomes for remote viewing cannot be explained scientifically.
 - B) the problem that experience cannot be explained from cognition and physiology.
 - C) the conflict between religious belief and scientific evidence.
 - D) the basis of remote healing.
 - E) one of William James’s characteristics of thinking.

Easy question testing students’ knowledge of a definition given in class that is not in the textbook.

2. According to Barušs, the ability to make discriminations among various stimuli, to process that information, and to act in a goal-directed manner refers to
- A) consciousness₁.
 - B) behavioural consciousness₂.
 - C) subjective consciousness₂.
 - D) consciousness₃.
 - E) consciousness₄.

Easy question testing students’ knowledge of definitions of consciousness given in the textbook.

3. The book *Altered States of Consciousness* was edited by
- A) John Wren-Lewis.
 - B) Charles Tart.
 - C) Terence McKenna.
 - D) Imants Barušs.
 - E) none of the above

Easy question testing students’ knowledge of key people in the history of the scientific study of altered states of consciousness.

4. Which of the following has not been considered as a dimension of consciousness?
- A) meaning
 - B) personal identity
 - C) experience of time
 - D) arousal
 - E) all of the above have been considered as dimensions of consciousness

Difficult question testing students’ attention to detail.

5. Which of the following statements is false concerning the ganzfeld studies described by Barušs?
- A) Translucent ping-pong ball halves were taped over the sender's eyes and headphones placed over her ears.
 - B) The receiver in the study was led through a 14-minute relaxation exercise.
 - C) The receiver was subjected to the ganzfeld stimulation for 30 minutes.
 - D) In many cases the sender was a friend of the receiver brought along to the experimental session for the purpose of acting as sender.
 - E) There was a total of 160 targets arranged in 40 sets of 4.

This is a tricky question because each of the alternatives has to be examined *carefully* to find the false statement. Once it is found, it is, of course, obvious. Also, note that it is easy to create variations on this question by fixing the statement that is false, and altering one of the correct statements so that it, now, is false. So, if you see what you think is this question on an examination, *do not assume that it is the same question!* It may or may not be the same question. Read it carefully to find the false statement.

Chapter 2: Wakefulness

6. Wundt's procedure of experimental introspection involved
- A) surveying people's introspected attitudes and beliefs.
 - B) research concerning sensation and perception in which laboratory instruments were used to vary stimuli.
 - C) sustained inner observation whereby participants examined their experiences.
 - D) retrospective inner observations in which participants reported whatever thoughts had been going through their minds as they went about their everyday activities.
 - E) participants' efforts to experiment with their own minds using mental strategies

Medium difficulty question testing students' knowledge about introspection.

7. *According to William James the self is
- A) a stream.
 - B) the biological organism within which an information processing system exists.
 - C) a mental representation of the information processing system within itself.
 - D) a passing thought that appropriates previously aggregated ideas about what one is like.
 - E) the fringe of a penumbra.

Medium difficulty question testing students' knowledge of William James's philosophy.

8. Visual elements that usually include some colour and movement are prominent in ___% of our thoughts.

- A) 10
- B) 25
- C) 50
- D) 67
- E) 85

Difficult question testing students' knowledge of the specific details of waking consciousness.

9. *In the study described by Barušs showing that the immune system could respond adversely to an initially neutral stimulus, the rats in the study were injected with

- A) naltrexone.
- B) cyclophosphamide.
- C) phosphorous.
- D) syphilis.
- E) chlorofluorocarbons.

Difficult question testing students' knowledge of material covered in class that is not in the textbook.

10. *In the context of this class, the acronym REST stands for

- A) restorative environmental sensation testing.
- B) renumerated evolution sensory technique.
- C) restrictive environmental standings testing.
- D) remember every sensory technique.
- E) restricted environmental stimulation technique.

Easy question testing students' knowledge about sensory restriction.

Chapter 3: Sleep

11. According to Barušs, brain waves of frequency less than 4 cycles per second are called _____ waves.

- A) theta
- B) beta
- C) delta
- D) alpha
- E) gamma

Medium difficulty question testing students' knowledge about polysomnography.

12. Stage 2 of NREM sleep is characterized by the presence of _____ and _____ against a background of mixed brain wave frequencies predominantly in the _____ range.

- A) zeta waves; theta waves; delta
- B) zeta waves; rapid eye movements; gamma
- C) slow, rolling eye movements; theta waves; alpha
- D) vertex sharp waves; K complexes; alpha
- E) K complexes; sleep spindles; theta

Medium difficulty question testing students' knowledge of sleep stages.

13. In young adults stage 2 sleep would take up ___% to ___% of a night's sleep.

- A) 2; 5
- B) 3; 8
- C) 10; 15
- D) 20; 25
- E) 45; 55

Difficult question testing students' knowledge about the details of the sleep stages.

14. Which of the following is an SSRI?

- A) alcohol
- B) marijuana
- C) gamma-aminobutyric acid
- D) fluoxetine
- E) none of the above

Easy question testing students' knowledge about important drugs.

15. Cigarette smoking can create problems with sleeping due to

- A) stimulation of acetylcholinergic neurons.
- B) increased upper airway resistance.
- C) sleep state misperception.
- D) A & B
- E) A, B, & C

Medium difficulty question testing students' knowledge about sleep disorders.

After Test 1: Psychodynamic Theories

16. In Freud's theory of the psyche, the ego has to mediate pressures from _____, _____, and _____.
- A) id; superego; reality
 - B) superconscious; subconscious; collective unconscious
 - C) id; superego; preconscious
 - D) censor; dream work; Eros
 - E) manifest content; latent content; dream work

Easy question testing students' knowledge about psychological theories that is not in the textbook.

Chapter 4: Dreams

17. Which of the following statements is false concerning the cognitive-experiential theory of dreaming?
- A) During REM sleep there is a nonconscious effort on the part of the dreamer to incorporate waking events into the cognitive framework used for making sense of reality that is already stored in memory.
 - B) In dreams, waking life events are woven together with memories from the past into a story.
 - C) Traumatic waking events, for which the existing cognitive framework is inadequate, give rise to recurrent dreams or nightmares.
 - D) It is futile to try to interpret dreams since they do not mean anything.
 - E) all of the above statements are true

Medium difficulty question testing students' knowledge about the specifics of dream theories.

18. In Jung's dream theory, dream interpretation depends on the ability to
- A) identify the latent contents of a dream.
 - B) know the forms of archetypes that could arise in a dream.
 - C) identify the dream signs in a dream.
 - D) find meaningful parallel ideas to the symbols found in a dream.
 - E) eliminate dream events that could have arisen from actual previous waking events

Medium difficulty question testing students' knowledge about dream theories.

19. Hypnagogia refers to

- A) hypnotic states.
- B) the states in which hypnagogic and hypnopompic imagery occur.
- C) phenomena that occur in the states in which hypnagogic and hypnopompic imagery occur.
- D) B & C
- E) none of the above

Medium difficulty question testing students' knowledge of definitions. The reason this question is not just an easy question is because the term being defined has a meaning that is a somewhat arbitrary extension of the adjectival form of that term.

20. According to Barušs, three dimensions of subjective experience along which alterations of consciousness can occur that are particularly relevant when considering dream experiences are

- A) level of reality, level of arousal, and control.
- B) level of arousal, metacognition, and control.
- C) degree of intoxication, level of arousal, and control.
- D) discrimination, control, and sense of reality.
- E) discrimination, level of reality, and sense of reality.

Easy question testing students' knowledge about a high-level classification scheme for altered states of consciousness.

21. The multisensory experience associated with the target "corridor" in the Maimonides dream experiments has erroneously been described by critics as

- A) a hallucination.
- B) a judgment error.
- C) having occurred before Bessent reported his dreams.
- D) being statistically insignificant.
- E) a waking image rather than a dream image.

Difficult question testing students' knowledge about critiques of dream research.

Chapter 5: Hypnosis

22. A practical way of proceeding with the definition of hypnosis, as discussed by Barušs in *Alterations of Consciousness*, has been to

- A) say that hypnosis does not exist.
- B) define a domain of hypnosis.
- C) equate hypnosis with animal magnetism.
- D) regard hypnosis as an altered state of consciousness.
- E) use the term "hypnosis" in whatever way a hypnotist would like to use it.

Easy question testing students' knowledge of definitions of hypnosis.

23. Which of the following is a hypnotic susceptibility scale?

- A) SHSS
- B) HGSHS
- C) CURSS
- D) A & B
- E) A, B & C

Medium difficulty question testing students' knowledge about hypnotic susceptibility scales.

24. *In Barabasz's study, participants were asked to hallucinate

- A) a blind fold.
- B) ear muffs.
- C) ear plugs.
- D) mittens.
- E) the absence of shoes.

Medium difficulty question testing students' knowledge about research methodology in a key hypnosis experiment.

25. According to the neodissociation theory of hypnotic phenomena, hypnosis introduces a(n) _____ between a person's higher level cognitive functions from which reports of subjective experiences are normally made and sensory subsystems in which painful stimuli are processed.

- A) epistemic lock
- B) susceptibility block
- C) trance channel
- D) hypermnesic infarct
- E) amnesic barrier

Medium difficulty question testing students' knowledge about a key concept in a theory of hypnosis.

26. *Confabulated memories of childhood sexual abuse that hypnotic subjects believe to be actual memories would be classified as

- A) error-prone confabulation.
- B) false memories.
- C) sexual abuse phenomena.
- D) recovered memory phenomena.
- E) posttraumatic stress disorder.

Easy question testing students' knowledge of definitions.

Chapter 6: Trance

27. What ostensibly happened to Bhirendra?

- A) He encountered fiendish ghosts in a cemetery who picked at him with spears and pulled flesh from his body until he was saved by a white light that appeared once he had surrendered to his impending death.
- B) She felt a strong cold, wind move into the centre of her body and information pour through her brain and mouth that was not her own but that addressed hidden questions about the spiritual work of those in the group.
- C) She switched to a personality named Ronald who put a hole through the drywall with a hammer while she was working as a home renovator.
- D) She was forced to accompany small, grey beings to a spacecraft where she was injected with various coloured fluids and told to pass the pepper and the salt.
- E) none of the above

Medium difficulty question testing students' knowledge about shamanism.

28. According to Barušs in *Alterations of Consciousness*, which of the following entities has not been channelled?

- A) Seth
- B) Pescador
- C) Jesus
- D) William James
- E) all of the above have been channelled

Difficult question testing students' knowledge about trance.

29. About ___% to ___% of people with DID are complex cases with at least 26 alters.

- A) 5; 10
- B) 15; 25
- C) 30; 50
- D) 50; 60
- E) 60; 85

Very difficult question that requires a combination of good understanding and memorization testing students' knowledge about dissociative identity disorder.

30. Which of the following is not a type of personality found in dissociative identity disorder?

- A) host personality
- B) postmodern personality
- C) childlike personality
- D) anaesthetic personality
- E) inner persecutor

Easy question testing students' knowledge about alters in dissociative identity disorder.

31. Which of the following is not an event that occurred for Carol during her alien abduction experience according to her account?

- A) she welcomed the aliens when she saw them gliding toward her
- B) she was unable to put her car in reverse after one of the aliens pointed at it
- C) the aliens injected her with various fluids
- D) she was shown pictures of horses milling about on a screen
- E) the aliens told her not to act crazy

Easy question testing students' knowledge about the details of a specific alien abduction experience.

After Test 2: Ayahuasca Ceremonies

32. In her study of ayahuasca ceremonies in the Amazon jungle, Paula Rayo found that the greatest predictor of an increase in existential meaning was

- A) prior belief in the effectiveness of shamanism.
- B) surrender.
- C) high scores on extraversion.
- D) the choice of *icaros*.
- E) the baseline level of anxiety prior to participation in the ceremonies.

Easy question testing students' knowledge about an experiment discussed in class that is not in the textbook.

Chapter 7: Psychedelics

33. According to the chart published in 2010 in Volume 376 of the *Lancet*, which of the following drugs was deemed to be the most harmful?

- A) cocaine
- B) tobacco
- C) LSD
- D) alcohol
- E) khat

Easy question testing students' knowledge about drug harmfulness discussed in class but not in the textbook.

34. *Albert Hoffman invented, identified, or named

- A) LSD.
- B) psilocin.
- C) psilocybin.
- D) A & C
- E) A, B, & C

Difficult question testing students' attention to historical details.

35. Timothy Leary believed that psychedelic drugs could

- A) free people from the unconscious games that they played.
- B) lead to confusion if taken indiscriminately.
- C) heal the rifts in society by reestablishing respect for the authorities representing the government.
- D) B & C
- E) A, B, & C

Medium difficulty question testing key historical concept.

36. The peyote cactus contains

- A) psilocybin.
- B) ayahuasca.
- C) beta carbolines.
- D) harmine.
- E) mescaline.

Easy question testing students' knowledge about the ingredients of psychoactive plants.

37. In reference to mystical experiences, the term "noetic quality" refers to

- A) the delusional nature of mystical experiences.
- B) egg-shaped auras that are sometimes seen during mystical experiences.
- C) the transposition of the nuomenon with the phenomenon.
- D) direct insight into the nature of being that is accompanied by the certainty that such knowledge is real.
- E) the noesis of the one for whom the mystical experience occurs.

Easy question testing students' knowledge about a key concept associated with mystical experiences.

Chapter 8: Transcendence

38. Which of the following is not one of the eight characteristics of flow found by Csikszentmihalyi?

- A) absorption in an activity so that one's awareness merges with one's actions
- B) attenuation of one's usual concerns
- C) loss of awareness of the self
- D) setting of clear goals
- E) heightened temporal ordering as measured by a clock.

Easy question testing students' knowledge about a key type of transcendence.

39. Which of the following statements is false concerning Wren-Lewis' experiences of endarkenment?

- A) A shoddy hospital room seemed transcendently beautiful to Wren-Lewis.
- B) Wren-Lewis kept checking the back of his skull as it seemed to have been sawn off.
- C) Wren-Lewis felt as though he were looking through the wrong end of a telescope.
- D) A deep but dazzling darkness seemed to lie behind Wren-Lewis' ordinary consciousness.
- E) Wren-Lewis' endarkened state dissipated after a few hours never to return

Medium difficulty question testing students' knowledge about a particular case of transcendence.

40. The uniformity of EEG waveforms across the surface of the brain seen during some types of meditation is called

- A) dispersion.
- B) rhythmicity.
- C) aggregation.
- D) coherence.
- E) none of the above

Difficult question testing students' knowledge about physiological measures of experiences during meditation.

41. According to Barušs, the three main patterns of attention, introspection, and volition that can be identified among the myriad meditation techniques are _____, _____, and _____ meditation.

- A) introceptive; concentrative; mindful
- B) reflexive; concentrative; witnessing
- C) discursive; introceptive; insightful
- D) witnessing; transcendental; psycholytic
- E) small; medium; large

Easy question testing students' ability to identify styles of meditation.

42. According to Michael Persinger, experiences of God result from
- A) periods of hormonal instability in the brain.
 - B) periods of transient electrical instability in the temporal lobes of the brain.
 - C) transcendent insights misinterpreted as experiences of God.
 - D) the advanced evolution of some members of the human race.
 - E) experiences of regression misinterpreted as experiences of God.

Medium difficulty question testing students' knowledge about theories of transcendence.

Chapter 9: Death

43. In their 1986 survey of 334 academics and professionals, Barušs and Moore found that ___% agreed that consciousness continues after physical death.
- A) 16
 - B) 26
 - C) 44
 - D) 67
 - E) 82

Difficult question testing students' attention to details about beliefs about consciousness and reality.

44. According to Barušs in *Alterations of Consciousness*, the survival hypothesis is the hypothesis that
- A) a disembodied consciousness or some such discarnate element of human personality might survive bodily death at least for a time.
 - B) the human personality is sufficiently resilient to survive childhood trauma by using dissociation mechanisms.
 - C) the deceased can appear to a person in dreams, trance states, or while intoxicated with psychedelic drugs.
 - D) a person can survive a bad drug experience by not resisting the psychological events that are occurring during that trip.
 - E) students can survive writing final examinations.

Easy question testing students' knowledge of key definitions.

45. Which of the following has been proposed as a neurophysiological factor that could contribute to creating a near-death experience?
- A) loss of oxygen
 - B) release of endorphins
 - C) temporal lobe seizures
 - D) A & C
 - E) A, B, & C

Medium difficulty question testing students' knowledge about theories of near-death experiences.

46. According to Barušs, which of the following is a condition that is thought to respond to past-life therapy?

- A) alcoholism
- B) schizophrenia
- C) long-standing depression
- D) unexplained phobias
- E) childhood autism

Easy question testing students' knowledge about applications of psychotherapeutic techniques.

47. Which of the following had no association with the Scole experiment?

- A) the cross-correspondences
- B) Queen Victoria
- C) a deceased German poet
- D) Frederic Myers
- E) the moon

Difficult question testing students' knowledge about the Scole experiment based on material presented in class that is not in the textbook.

Chapter 10: Conclusion

48. Which of the following is not one of the ten thematic threads summarized by Barušs in Chapter 10 of *Alterations of Consciousness*?

- A) Material versus. Transcendent Beliefs
- B) Mundane versus Extraordinary Phenomena
- C) Lateral versus Vertical Meaningfulness
- D) Scientific versus Pseudo-Scientific Explanations
- E) The Nature of the Self

Medium difficulty question testing students' knowledge about the details of the structure of the material in the course.

49. In Chapter 10 of *Alterations of Consciousness*, Barušs uses the example of _____ to argue that there could be an objective reality other than the one encountered through our sensory modalities.

- A) winning a chess match
- B) studying musical composition
- C) the blind running the marathon using a guide runner
- D) the invisible portion of the spectrum of electromagnetic radiation
- E) the indeterminate nature of the ontological status of Santa Claus's reindeer

Easy question testing students' knowledge about theories of consciousness.

50. According to Barušs, which of the following statements is false?

- A) We have inherited a medieval intellectual tradition whereby we imagine the world to be made up of particles interacting with each other in predictable ways.
- B) We should use a billiard ball schema for thinking about the nature of the universe.
- C) Elementary particles have no spatial extension.
- D) Space is expanding at the rate of the Hubble flow.
- D) Observers accelerating in a vacuum will see particles.

Difficult question testing students' knowledge about theories of consciousness presented in class that are not in the textbook.