Chapter 12
Motivation and Work

Review 12.1: Hunger and Eating Behavior
Sitting in her afternoon psychology class, Erica regrets skipping breakfast and lunch. As a biology major, she knows that her hunger pangs, caused by stomach (1) contractions, signal increased secretion of two chemical messengers, or (2) hormones: (3) insulin from the pancreas and (4) ghrelin from her empty stomach. Erica is having trouble keeping her eyes open during class (even though Professor Straub is a stimulating lecturer), because the increased secretion from her pancreas reduces the level of her body’s energy fuel, (5) glucose, in the bloodstream. However, Erica’s brain isn’t sleeping through class. In fact, her brain’s (6) lateral hypothalamus has been secreting the hunger-triggering hormone (7) orexin, and so a very hungry Erica heads home for a large bowl of pasta. She finally feels full, a sensation triggered by activity in the brain’s (8) ventromedial hypothalamus. After eating, Erica weighs herself: She’s 5’6” tall and weighs about 118 pounds, well below the 130-pound normal weight for her height, but she feels fat and, vowing to lose some weight, she takes a laxative, a clear symptom of an (9) eating disorder. Erica’s obsession with her weight has a few possible explanations: One might be a (10) negative self-evaluation. Or she may have internalized and become obsessed with her Western (11) culture’s “thin ideal,” Another possibility is that she may be (12) genetically susceptible to eating disorders.