Test Bank for Health Psychology 1st Edition Frazier 1464120412 9781464120411

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Test Bank:

1. According to your textbook, what are the four missions of health psychology?

2. What are the differences between etiology and epidemiology? Give examples of each.

3. Consider the biopsychosocial model in explaining someone's risk for experiencing alcoholism. What are the three components, and how might each work together to explain why someone suffers from alcoholism?

4. What is systems theory, and what is an example that supports this theory as related to health?

5. What is the difference between subjective and objective health? Give examples of each and explain how subjective and objective health may relate for a hypochondriac.

6. What are the primary differences between developed and developing countries?

7. According to your textbook, what are the leading causes of death in the 1900s and in 2015? Why have these changed?

8. What were the primary perspectives on health in Ancient Times, according to your textbook?

9. Describe the main contributions of Sigmund Freud to the field of health psychology.

10. What are risk

11. Dr. Smith wants to better understand the health of her patients. When using the illness-wellness continuum, if she discovers that a patient is on the left, what does this most likely mean?
    A) The patient's health is constantly in flux.
    B) Health is becoming worse and treatment is needed.
    C) The activities the patient has been participating in are promoting greater health outcomes.
    D) The effects of the treatment are unclear.

12. What is the BEST definition of health psychology?
    A) The study of biological, psychological, and social influences on health and illness.
    B) The study of individuals' nutrition and exercise behaviors.
    C) The study of perceptions of one's health versus actual health.
    D) The study of how patients and doctors work together to best improve one's health.

13. Which is NOT a mission of health psychology?
    A) To promote and maintain health
    B) To prevent and treat illness
    C) To focus on the biological, rather than psychological, aspects of health
    D) To identify the causes of health and illness

14. _____is defined as efforts to maintain well-being and offset disease.
    A) Preventive medicine
    B) Health psychology
    C) Epidemiology
    D) Etiology

15. _____is the study of biological, psychological, and social influences on health and illness.
    A) Epidemiology
    B) Etiology
    C) Health psychology
    D) Psychology

16. An example of an acute disorder is:

A) Parkinson's disease.

B) a cold or flu.
C) diabetes.
D) arthritis.

17. Etiology refers to the:
   A) cause of a disease.
   B) study of disease prevention.
   C) treatment of illness.
   D) promotion and maintenance of health.

18. _____ looks for patterns in frequency and distribution of diseases within populations.
    A) Epidemiology
    B) Entomology
    C) Etiology
    D) Health policies

19. Which statement is CORRECT?
    A) Etiology refers to the causes of a disease, while epidemiology considers the factors that are correlated with or occur more often with the disease.
    B) Epidemiology refers to the causes of a disease, while etiology considers the factors that are correlated with or occur more often with the disease.
    C) Etiology establishes epidemiology.
    D) Etiology and epidemiology are unrelated concepts.

20. Dr. Franklin perceives that in order to fully understand an individual's health, one must focus on the biological, psychological, and social aspects of an individual's behavior. Dr. Franklin is most likely a:
    A) sociologist.
    B) medical anthropologist.
    C) medical doctor.
    D) health psychologist.

21. _____ posits that a change in any level of a system can influence many other levels.
    A) Systems theory
    B) Globalization
    C) Holism
    D) Developmental perspectives theory

22. The biopsychosocial model is grounded in:
    A) systems theory.
    B) globalization.
    C) holism.
    D) developmental perspectives theory.

23. Infection, pain, heart rate, and blood pressure are examples of:
    A) subjective health.
    B) the biopsychosocial model.
    C) objective health.
    D) etiology.

24. Susan, a physician's assistant, always asks her patients how they are feeling today so that she can gain a measure of:
    A) objective health.
    B) actual pain.
    C) their pain tolerance.
    D) subjective health.

25. A patient stating that they are rested and free of pain is an example of:
    A) objective health.
    B) actual pain.
    C) their pain tolerance.
    D) subjective health.

26. Which statement about measures of objective and subjective health is TRUE?
    A) Measures of subjective and objective health are equally important.
    B) Patients are generally always reliable in reporting about their actual health.
    C) Patients' subjective health measures are typically more accurate than objective health measures.
    D) Subjective health measures are generally unimportant because it is based on how a patient feels, not how healthy they actually are.

27. An individual who is a hypochondriac may have:
    A) low subjective health but high objective health, because they tend to have exaggerated concerns about their health.
    B) low subjective health and low objective health, because they tend to have accurate perceptions of their health but enjoy going to the doctor's office often.
    C) high subjective health and low objective health, because they tend to have exaggerated concerns about their health.
    D) low subjective health and low objective health, because they are prone to illness.

28. Amy engages in limited physical activity and eats high-calorie and high-fat foods, while Sara exercises vigorously several days a week and watches what she eats. This is an example of:
    A) globalization
    B) interindividual differences
    C) subjective health
    D) objective health

29. The sharing of ideas, values, goods, and services is known as:
    A) systems theory.
    B) globalization.
    C) holism.
    D) biopsychosocial model.

30. Tom tends to focus on his own beliefs and customs. This is called:
    A) ethnocentrism.
    B) globalization.
    C) global approach.
    D) interindividual differences.

31. Global health seeks to:
    A) improve health and achieve more equal outcomes for all people.
    B) understand health concerns of a specific community, city, or nation.
    C) understand other countries' health concerns, particularly in underserved or poor populations.
    D) assist those in other countries.
    E) Rajesh lives
    F) There is generally a high standard of living.
    G) The economy is fully industrialized.
    H) There is less secure political structure.
    I) Citizens are generally able to enjoy a free and health life in a safeenvironment.

32. Which statement is likely NOT true about a developing country?
    A) There is a lack of quality medical service.
    B) The economy is fully industrialized.
    C) There is less secure political structure.
    D) Some individuals may suffer from poverty.

33. How do developing and developed countries differ in terms of causes of death?
    A) Causes of death are similar across both types of countries.
    B) People living in developed countries are more likely to die of acute infectious diseases.
    C) People living in developing countries are more likely to die of acute infectious diseases.
    D) Ischemic heart disease is the leading cause of death across both types of countries.

34. What is the leading cause of death in low-income countries?
    A) Ischemic heart disease
    B) Lower respiratory infections
    C) Strokes
    D) Heart attacks

35. Which statement is NOT true?
    A) The United States is the wealthiest country and the country with the best health care system.
    B) France and Italy rank the highest in terms of health care.
    C) The wealthiest countries do not always have the best health care systems.
    D) In 2016, 10 percent of Americans do not have health insurance.

36. As of 2016, what percentage of Americans did NOT have health insurance?
    A) 1 percent
    B) 5 percent
    C) 10 percent
    D) 20 percent

37. Which statement is true about health insurance in the United States?
    A) As of 2016, 25 percent of Americans do not have health insurance.
    B) Most individuals who do not have health insurance still have access to preventive medicine.
    C) Approximately one-third of Americans do not seek care due to the expense.
    D) Those uninsured are more likely to live in the North.

38. Which statement is true regarding infant mortality in the United States?
    A) Infant mortality rates are among the highest in the U.S. among industrialized nations.
    B) Infant mortality rates are among the lowest in the U.S. among industrialized nations.
    C) The U.S. infant mortality rate is approximately 1 in 100 births.
    D) U.S. infant mortality is among the highest within industrialized nations due to poorly trained doctors and out-of-date medical services.

39. The belief in the separation of the mind and body is known as:
    A) the Humoral theory of illness.
    B) the Biopsychosocial model.
    C) the Hippocratic oath.
    D) Dualism.

40. Which statement about dualism is true?
    A) The theory of dualism is still a widely held belief among health psychologists today.
    B) The theory of dualism was an advance at the time, but health psychologists today are equally concerned about the mind and body.
    C) Most current research in health psychology supports the idea of dualism.
    D) Like dualism, the biopsychosocial model holds that we must understand one's biological, psychological, and social processes separately in order to fully understand an individual's well-being.

41. The idea that four bodily fluids govern temperament and health is known as:
    A) the Humoral theory of illness.
    B) the Biopsychosocial model.

42. fluids Hippocrates theorized to govern our temperament?
    A) Black bile
    B) Blood
    C) Saliva
    D) Phlegm

43. An individual living in the Middle Ages would likely believe that illness:
    A) was caused by an imbalance of four bodily fluids.
    B) could be cured by spells and potions.
    C) was the result of the separation of the mind and body.
    D) resulted from sins of the soul.

44. In the Middle Ages, approximately 30 to 60 percent of the population was killed by:
    A) an imbalance of four bodily fluids.
    B) the Black Death.
    C) supernatural causes.
    D) pneumonia.

45. The microscope was developed during which time period?
    A) Ancient Times
    B) The Middle Ages
    C) The Renaissance
    D) The Enlightenment and Industrial Revolution

46. Which theory attributed disease to microorganisms?
    A) The germ theory of disease
    B) The biopsychosocial model of illness
    C) The humoral theory of illness
    D) Holism

47. Antibiotics were developed during which time period?
    A) Ancient Times
    B) The Middle Ages
    C) The Renaissance
    D) The Enlightenment and Industrial Revolution

48. Which statement about holism is TRUE?
    A) Holism considered the mind and body to be separate.
    B) Holism was a theory developed by Hippocrates.
    C) The idea of holism laid the groundwork for psychoanalysis.
    D) It was developed by Sigmund Freud, but he later decided that the mind and body were separate.

49. Heart rate, blood pressure, and respiration are controlled by:
    A) the autonomic nervous system.
    B) the sympathetic nervous system.
    C) psychosomatic medicine.
    D) genetic risk factors.

50. Franz Alexander and Flanders Dunbar extended Freud's work by:
    A) developing psychoanalysis as a common practice.
    B) developing psychosomatic medicine.
    C) arguing that anxiety interacts with the autonomic nervous system.
    D) arguing that anxiety is separate from one's biology.

51. The interaction of anxiety and the autonomic nervous system lends credit to the idea of:
    A) holism.
    B) the separation of mind and body.
    C) dualism.
    D) systems theory.

52. Dr. Wong, who believes that conflict is converted into symptoms, uses therapies that center around unearthing emotional conflicts. Dr. Wong is MOST likely a:
    A) health psychologist.
    B) psychoanalyst.
    C) physician.
    D) sociologist.
    E) Health psychology is based on the idea that the mind and body are linked.
    F) Regardless of the cause of disease, each individual will respond to the disease differently.
    G) All illnesses have a psychological and biological cause.
    H) The biopsychosocial model best explains health.

53. _____ considers how the factors that influence health and illness vary across the lifespan.
    A) Systems theory
    B) Globalization
    C) Holism
    D) A developmental perspective

54. Professor Johnson studies how health is impacted by aging. Professor Johnson most likely operates under which theory or perspective?
    A) Systems theory
    B) Globalization
    C) Holism
    D) A developmental perspective

55. The life expectancy for a child born in the United States 2012 is approximately:
    A) 50 years old
    B) 65 years old
    C) 79 years old
    D) 85 years old

56. Which statement about infectious diseases is TRUE?
    A) Infectious diseases were the leading cause of death in 1900.
    B) Infectious diseases are examples of chronic illnesses.
    C) Infectious diseases are the leading cause of death in current times.
    D) Examples of infectious diseases include heart disease, cancer, and chronic lower respiratory disease.

57. As of 2015, what is the leading cause of death in the United States?
    A) Pneumonia
    B) Heart disease
    C) Cancer
    D) Infectious diseases

58. Which factor is NOT a primary contributor to the decline in infectious diseases?
    A) Innovative public health measures
    B) Better nutrition
    C) Advances in personal hygiene
    D) Declines in stress

59. Infectious diseases are caused primarily by:
    A) viruses or bacteria.
    B) genetic markers.
    C) obesity.
    D) unknown factors.

60. Tom has a BMI of greater than 30. Based on this, Tom is:
    A) of normal weight.
    B) overweight.
    C) on the border of qualifying as obese.
    D) obese.

61. A BMI of_____qualifies as obese.
    A) 20
    B) 25
    C) 30
    D) 35

62. Approximately what percentage of American adults are obese?
    A) 10 percent
    B) 25 percent
    C) 35 percent
    D) 50 percent
63. Approximately what percentage of American children are obese?
    A) 1 percent
    B) 5 percent
    C) 17 percent
    D) 30 percent

64. What is the main cause of excess weight?
    A) An energy imbalance
    B) Metabolism
    C) Genetic heredity
    D) Taking in the same number of calories as burning

65. Which statement regarding e-cigarettes is TRUE?
    A) Among high school students, use of e-cigarettes is on the rise.
    B) E-cigarette use is generally unpopular among high school students.
    C) Tobacco use is decreasing.
    D) Tobacco use is increasing among Americans in general, but declining among adolescents.

66. Approximately what percentage of high-school students reported using e-cigarettes in 2014?
    A) 1 percent
    B) 5 percent
    C) 14 percent
    D) 32 percent

67. From 2013 to 2014, the use of e-cigarettes:
    A) rose.
    B) declined.
    C) stayed the same.
    D) rose at first and then declined.

68. Risk genes and deterministic genes from our parents help determine:
    A) what a couple's baby will likely look like (e.g., eye color, hair color).
    B) whether we will develop a disease.
    C) how long we will likely live.
    D) whether a couple's baby will likely be a boy or a girl.

69. Risk genes:
    A) may increase the likelihood that we will develop the disease, but do not directly cause the disease.
    B) may increase the likelihood that we will develop the disease, and may directly cause the disease.
    C) are generally the direct cause of the disease.
    D) are unassociated with one's likelihood of getting a disease.

70. Deterministic genes:
    A) may increase the likelihood that we will develop the disease, but do not directly cause the disease.
    B) may increase the likelihood that we will develop the disease, and may directly cause the disease.
    C) are generally the direct cause of the disease.
    D) are unassociated with one's likelihood of getting a disease.

71. The primary difference between risk genes and deterministic genes is that:
    A) Deterministic genes are the direct cause of the disease, while risk genes might increase the likelihood that we develop the disease but do not directly cause the disease.
    B) Risk genes are the direct cause of the disease, while deterministic genes might increase the likelihood that we develop the disease but do not directly cause the disease.
    C) Deterministic genes are related to the physical features that an individual will have, while risk genes are associated with the likelihood of getting a disease.
    D) Deterministic genes are related to the physical features that an individual will have, while risk genes are the direct cause of a disease.

72. Samuel's biological mother has a copy of the APOE-e4 gene and his biological father does not have a copy of this gene. Which statement is true regarding Samuel's likelihood of having Alzheimer's later in life?
    A) Samuel will definitely develop Alzheimer's later in life because he inherited a single copy of the disease.
    B) Samuel will definitely not have Alzheimer's later in life because only one of his parents has the copy of that gene.
    C) Samuel's likelihood of having Alzheimer's is unassociated with his parents having copies of these genes.
    D) Samuel's risk for developing Alzheimer's disease is increased because he inherited a single copy of the gene.

73. The APOE-e4 gene mentioned in the textbook is related to the likelihood of developing which disease?
    A) Dementia
    B) Alzheimer's
    C) Parkinson's
    D) Cancer

74. The APOE-e4 gene mentioned in the textbook is an example of a:
    A) gene that is unassociated with disease.
    B) deterministic gene.
    C) risk gene.
    D) deterministic and risk gene.

75. The APOE-e4 gene is implicated in up to_____percent of Alzheimer's cases.
    A) 5
    B) 10
    C) 25
    D) 50

76. Dr. White is a health professional who specializes in Alzheimer's disease. Based on the information presented in the textbook, Dr. White most likely believes that:
    A) Genetic testing should be done routinely for Alzheimer's disease.
    B) Genetic testing for Alzheimer's is used primarily in the scientific study of the disease, rather than as part of routine health care testing.
    C) Genetic testing is unnecessary for Alzheimer's disease, given that scientists are uncertain as to what genes predict the onset of Alzheimer's.
    D) Individuals who are identified to have the APOE-e4 gene should undergo genetic testing annually in order to determine whether they still carry the gene.

77. Deterministic genes for Alzheimer's are found in approximately_____of all cases.
    A) less than 5 percent
    B) 10 percent
    C) 25 percent
    D) 50 percent

78. _____cause familial early-onset Alzheimer's disease.
    A) Deterministic genes
    B) Risk genes
    C) APOE-e4 genes
    D) Deterministic and risk genes

79. As described in the textbook, around what age can familial early-onset Alzheimer's disease most often cause an individual to develop symptoms?
    A) Late twenties to late thirties
    B) Early forties to mid-fifties
    C) Late fifties to early sixties
    D) Late sixties to early seventies

80. According to the textbook, some research suggests that the incidence of major diseases for heart disease, cancer, and dementia are_____in wealthier countries.
   A) declining
   B) increasing
   C) staying the same
   D) increasing, but primarily only among individuals who are middle-class

81. The recent change in heart disease and cancer in wealthier countries is due to:
   A) reductions in fast food changes.
   B) better health care coverage.
   C) improved physicians.
   D) unknown factors.

82. Christopher is at risk for familial early-onset Alzheimer's disease. Consequently, Christopher is likely to develop symptoms during his:
   A) late twenties to late thirties.
   B) early forties to mid-fifties.
   C) late fifties to early sixties.
   D) late sixties to early seventies.

Answer Key

   1.
   2.
   3.
   4.
   5.
   6.
   7.
   8.
   9.
  10.
  11. B
  12. A
  13. C
  14. A
  15. C
  16. B
  17. A
  18. A
  19. A
  20. D
  21. A
  22. A
  23. C
  24. D
  25. D
  26. A
  27. A
  28. B
  29. B
  30. A
  31. A
  32. C
  33. B
  34. C
  35. B
  36. A
  37. C
  38. C
  39. A
  40. D
  41. B
  42. A
  43. C
  44. D
  45. B
  46. C
  47. A
  48. D
  49. C
  50. A
  51. C
  52. A

53. B
54. C
55. D
56. D
57. C
58. A
59. B
60. D
61. A
62. D
63. C
64. C
65. C
66. A
67. A
68. C
69. A
70. B
71. A
72. C
73. A
74. D
75. B

76. C

77. C
78. B
79. A
80. A
81. B
82. A
83. D
84. B