**TEST QUESTIONS**

**True or False**

F 1. Advances in medical treatment were responsible for a sharp decrease

 in infectious diseases at the turn of the 20th century.

T 2. Today, accidental injury is the leading cause of death in children and

 adolescents in the United States.

F 3. During the Middle Ages, the influence of the Church resulted in many

 major advancements in medical knowledge.

F 4. “Risk factors” are those biological or behavioral characteristics that are

 known to cause a disease.

T 5. In the past, practitioners of psychosomatic medicine generally used a

 psychoanalytic model to explain a physical symptom.

T 6. One of the goals of health psychology is to have an effect on public

 policy.

T 7. The biopsychosocial model of health and illness is actually an extension

 of the biomedical model.

T 8. The "systems" approach assumes simple systems are embedded

 within complex systems.

F 9. Although sociocultural research has found differences in health beliefs

 across cultures, disease patterns themselves do not differ.

F 10. Quasi‑experimental designs allow us to make causal conclusions from

 existing groups.

**Matching**

Match one of the following with descriptions given in questions one to five.

a. Hippocrates

b. Plato

c. Galen

d. St. Thomas Aquinas

e. Descartes

c 1. From his work, which included dissection, this second century

 physician felt that pathologies could be localized in parts of the body.

d 2. An Italian philosopher, he saw the mind and body as an interrelated unit.

b 3. He was among the Greek philosophers to propose that the mind and body

 are separate entities.

a 4. Called "the father of medicine," his humoral theory for the origin of

 disease was influential for centuries.

e 5. He described in mechanical terms the functioning of the body's actions

 and sensations such as pain.

Match the following with descriptions given in questions 6 through 10

a. epidemiology

b. public health

c. medical sociology

d. medical anthropology

e. health psychology

e 6. Provides direct service to patients in the management of their illnesses

 or engages in research and teaching.

a 7. Concerned with the incidence and prevalence of illnesses.

b 8. Organizes health education or provides community health services.

c 9. May conduct studies of health care services and how they are organized.

d 10. May conduct studies on the medical practices in different cultures.

 **Multiple Choice**

c 1. Claudia goes to the university health center complaining of a sore throat and

 headache. A blood test reveals that her white blood cell count is high, and a throat culture reveals a streptococcus infection. Which of the following is true?

a. Claudia’s high white blood cell count is a symptom of illness.

b. Her sore throat is a sign of illness.

c. The results of the blood test and throat culture are signs of illness.

d. Her headache and high white blood count are symptoms of illness.

d 2. Common definitions of health include

 a. optimal weight and endurance.

b. absence of signs of malfunctioning.

c. absence of subjective symptoms of disease.

d. both b and c.

c 3. In his continuum of illness and health, Aaron Antonovsky suggested that

 a. wellness and illness are independent concepts.

b. medical treatment affects only the wellness side of the continuum.

c. his model represents differing health statuses.

d. lifestyle has little impact on health or illness.

b 4. In discussing the illness and health continuum, Antonovsky emphasizes

 a. illness more than health.

b. a revised focus toward what helps people stay healthy.

c. the psychosocial factors that contribute to illness.

d. the role of poverty in health care.

a 5. The term "health", as used by the author of the textbook, is best described as

 a. a positive state of mental, social, and physical well‑being.

b. the absence of illness.

c. the absence of disease risks.

d. lack of a terminal condition.

d 6. Infectious diseases were:

 a. more frequently fatal in the past than they are now.

b. brought over to North America by European settlers.

c. the greatest threat to American health in the 19th century.

d. all of the above

d 7. The decline in the death rate from infectious diseases by the end of the 19th

 century was largely the result of

a. the development of antibiotics.

b. advances in medical treatment.

c. changing definitions of disease states in the medical community.

d. preventive measures.

a 8. A person living in the United States today

 a. is more likely to die of a chronic disease than any other cause of

mortality.

b. has a shorter life span than someone who lived in the 19th Century.

c. is likely to be at high risk of dying of infections.

d. has an average life expectancy over 90 years.

b 9. The procedure referred to as trephination

 a. is effective in the treatment of chronic disease.

b. is believed to have been done in the past for superstitious reasons.

c. is frequently used today in the treatment of infectious diseases.

d. was based on the humoral theory of illness.

d 10. Hippocrates, the "Father of Medicine"

 a. suggested that eating a good diet would promote good health.

b. proposed the humoral theory of illness and wellness.

c. defined health as a balance of humors.

d. all of the above.

c 11. A "humor" is a

 a. type of emotional response.

b. spiritual state.

c. a bodily fluid.

d. all of the above

a 12. A main contribution of Galen to knowledge about illness

 a. was to discover that illness can be localized in specific parts of the

body.

b. was to reject the humoral theory of Hippocrates.

c. was not appreciated until the 20th century.

d. was to reject the mind/body split.

c 13. The position of Rene Descartes on the mind/body problem can best be

 described as:

a. agreeing with both Aquinas and Plato that the mind and body are unitary.

b. agreeing with Aquinas and disagreeing with Plato that the mind and body are unitary.

c. agreeing with Plato and disagreeing with Aquinas on the unitary nature of mind and body.

d. placing little to no emphasis on the mind.

b 14. Which of the following was NOT an advance in science and medicine in the

 18th and 19th centuries?

a. The growing use of dissection in autopsies to aid in the acquisition of knowledge.

b. The rejection of the belief that the mind and body are separate.

c. The discovery that microorganisms cause certain diseases

d. New surgical and anesthetic techniques.

a 15. The proposition that all diseases can be explained by disturbances in

 physiological processes

a. is the basis of the biomedical model.

b. is no longer the dominant view in the field of medicine.

c. has never been widely accepted.

d. is consistent with an emphasis on psychosocial factors.

c 16. Dr. Lee believes that disease occurs independently from our psychological

 and social experience. Dr. Lee believes in the \_\_\_\_\_ theory.

a. humoral

b. biopsychosocial

c. biomedical

d. trephination

b 17. Which of the following statements about chronic disease is true?

 a. Significant advances have been made in their treatment, to the point

where they are no longer dangerous.

b. Although we know more about the causes of chronic diseases, advances in their treatment have been modest.

c. Psychological and social factors have little to do with these diseases.

d. Gains and survival rates from cancer between 1950 and 1987 are due to improved medical techniques.

d 18. Which of the following is NOT a risk factor for an individual developing

 cancer?

a. high alcohol use

b. high fat diet

c. cigarette smoking

d. all of the above are risk factors

b 19. Risk factors for a health problem

 a. directly cause diseases.

b. are associated with diseases.

c. are largely unknown today.

d. are usually easily cured with medication.

d 20. Melody has been having a great deal of difficulty in her attempt to quit

 smoking. Which of the following might be reasons for her lack of success?

a. She thinks getting cancer is not likely.

b. Her friends all smoke and don't think it’s such a big problem.

c. She is addicted to nicotine.

d. all of the above

d 21. Smoking has been identified as a risk factor in each of the following health

 problems except

a. stroke.

b. cancer.

c. chronic lung disease.

d. obesity.

b 22. In Belloc and Breslow's study of longevity and health practices

 a. longevity was not statistically related to most health behaviors.

b. the health of older participants who practiced all seven health habits was similar to that of much younger participants.

c. maintaining an appropriate weight was the best predictor of health.

d. eating multiple small meals was important.

c 23. Which of the following is NOT one of the healthful behaviors studied by

 Belloc and Breslow ?

a. never smoking cigarettes

b. never or only occasionally eating between meals

c. taking one aspirin per day

d. sleeping 7 to 8 hours a day

d 24. People whose personalities include high levels of \_\_\_\_\_ seem to be

 "disease‑prone."

a. anger & hostility

b. depression

c. anxiety

d. all of the above

d 25. Considering the psychosocial characteristics of the following people, which

 one is most likely to develop an illness?

 a. Fernando, a banker who works long hours.

b. Linda, a student who occasionally feels a bit sad and homesick.

c. Ling, an athlete who experiences mild levels of anxiety before her competitions.

d. John, an anxious and pessimistic news director who frequently "blows up" at his staff.

c 26. Jane feels a numbness in her hand and has been to several doctors, who

 have found no organic cause for her problem. She might be suffering from

a. trephination.

b. behavioral modification.

c. conversion hysteria.

d. psychoanalysis.

a 27. Medical history notes for a young woman with a skin rash refers to her

 "conflicting feelings about being physically close to her husband". Her

physician seems to accept a \_\_\_\_\_ explanation for her illness.

a. psychosomatic

b. behavioristic

c. public health

d. humoral

c 28. Which of the following approaches would a specialist in behavioral medicine

 be most likely to use in treating a chronic headache?

a. medicine

b. psychoanalysis

c. biofeedback

d. psychotherapy

a 29. The work on biofeedback by physiological psychologists has shown us that

 a. even internal functions like heart rate and blood pressure can be controlled with psychological methods.

b. the mind/body dichotomy really exists and can be measured.

c. psychoanalysis is effective in the treatment of high blood pressure.

d. biofeedback is an ineffective method of therapy.

d 30. Which of the following is the least likely to be studied by a modern health

 psychologist?

a. why people do not use seat belts

b. how to design a media campaign to encourage healthful lifestyles

c. how patients are affected by characteristics of hospitals and nursing homes

d. how to differentiate organic symptoms from conversion hysteria

b 31. Which of the following is not an example of an indirect way that health

 psychologists help patients?

a. Conducting research to discover information about lifestyles that affect health.

b. Providing therapy to a patient to assist in adjustment to a chronic illness.

c. Holding a training workshop for medical professionals regarding psychosocial characteristics of patients.

d. Designing new behavior change programs that will affect people’s health.

b 32. Mei-Lin has lost the use of her legs after being in a biking accident. Her

 health psychologist is working with her to cognitively redefine the experience as

a challenge rather than a disaster. This technique is classified as a \_\_\_\_\_ method.

a. ineffective

b. cognitive

c. behavioral

d. psychoanalytic

d 33. A biopsychosocial approach to dealing with an adolescent girl's weight

 problem would be likely to consider

a. her family history.

b. how her weight problem affects her friendships.

c. how she feels emotionally about her weight problem.

d. all of these

d 34. Which of the following is true regarding the role of emotions in health and

 illness?

a. People with positive emotions take better care of their health.

b. Fear prevents some people from obtaining medical care.

c. Recovery from illness can be affected by emotions.

d. all of the above

a 35. Which of the following is NOT true of the systems concept in health

 psychology?

a. It takes into account an unchanging, interrelated group of parts.

b. By definition, a person qualifies as a system.

c. It is consistent with the biopsychosocial model.

d. Events in one system affect events in other systems.

b 36. Compared with older individuals, children

 a. experience the same number of chronic diseases as adults.

b. suffer from relatively few chronic diseases.

c. are more responsible for their own health.

d. have cognitive skills similar to those of adolescents and adults.

c 37. The life‑span perspective in health psychology reveals that adolescents

 a. will be healthier than children because they are exposed to fewer

infectious diseases.

b. typically follow the example of their parents more than their friends.

c. are powerfully influenced by peer pressure, often leading to poorer health practices.

d. respond to illnesses much like the elderly do.

c 38. Greg is a 15 year old who was diagnosed as a diabetic at age 4. For the

 first time, he now is not following his health regimen. The most probable

explanation is

a. he doesn't understand what he should do.

b. he secretly doesn't want to be healthy.

c. social pressures to avoid being "different" prevent him from taking proper care of himself.

d. he may be forgetting what to do and should have a neuropsychological examination.

b 39. When reporting the decrease in deaths from AIDS, an epidemiologist is

 discussing AIDS’

a. morbidity.

b. mortality.

c. incidence.

d. prevalence.

a 40. An epidemiologist writes a report discussing the total number of previously

 reported and new cases of AIDS for the past 5 years. He is reporting on the

disease's

a. prevalence.

b. morbidity.

c. incidence.

d. mortality.

c 41. Dr. Yi is collecting data on the number of new cases of cholera in Beijing

 during the summer of 1997. Dr. Yi is studying the \_\_\_\_\_\_\_\_\_\_ of cholera.

a. prevalence.

b. morbidity.

c. incidence.

d. epidemic.

d 42. An epidemic usually refers to a situation in which

 a. many people die from a disease.

b. a disease receives greater publicity.

c. the mortality rate of a disease increases.

d. the incidence rate of a disease has increased rapidly.

a 43. Wilbur has had a stroke and is now undergoing treatment by exercising and

 receiving electrical stimulation to his severely weakened muscles. The

professional performing this treatment is most likely a

a. physical therapist.

b. licensed practical nurse.

c. doctor.

d. medical anthropologist.

a 44. Cultural differences in illness patterns have been reflected by

 a. higher prevalence of stomach cancer in Japan than in the USA.

b. uniform cancer rates across the USA.

c. the devaluation of the importance of good health in the USA.

d. the universality of illnesses.

d 45. According to the textbook author, culture influences

 a. beliefs regarding the causes of health and illness.

b. accepted practices for curing illness.

c. norms or expectations on what to do when one is ill.

d. all of the above.

b 46. Religious beliefs and practices in the USA

 a. invariably lead to poorer health.

b. may either promote healthful living, or deter it, depending on the religion.

c. invariably promote good health.

d. have declined with the rise of health psychology.

c 47. Which of the following is not necessarily a component of a useful theory?

 a. It relates previously seemingly unrelated information.

b. It enables us to make predictions.

c. It has been proven to be correct.

d. It organizes known facts.

d 48. In a study of the effects of an anti-inflammatory drug on chronic jaw pain,

 one group receives an inactive substance in the form of a pill. This group

receives

a. the independent variable.

b. the dependent variable.

c. a control.

d. a placebo.

b 49. The method of experimental design in which the subject and the

 experimenter are unaware of which group they are assigned is called the

a. experimental control.

b. double‑blind procedure.

c. nonexperimental method.

d. quasi-experimental approach.

a 50. Which of the following illustrates a difference between experimental and

 non‑experimental approaches to research?

a. Only experimental methods can imply causation.

b. In nonexperimental methods, the researcher manipulates an independent variable.

c. Only experimental methods measure dependent variables

d. Nonexperimental methods test cause and effect relationships.

a 51. Nonexperimental or correlational studies

 a. can generate predictive information.

b. are not usually useful because they can't lead to causal inferences.

c. are not usually done anymore.

d. involve the manipulation of independent variables.

b 52. Researchers reported that there is a strong relationship between height

 and IQ: as height goes up, IQ goes up. They are reporting

a. a negative correlation.

b. a positive correlation

c. a non‑linear relationship.

d. no correlation.

d 53. A student researcher writes in his report that his statistical analysis

 revealed a correlation coefficient of +2.13 between the two variables in his study. His reported correlation coefficient

a. indicates a negative correlation.

b. indicates a positive correlation.

c. is a significant result.

d. is an error.

d 54. A \_\_\_\_\_ study would NOT be an example of a quasi‑experimental study.

 a. retrospective

b. prospective

c. longitudinal

d. correlational

a 55. To study the effects of cigarette smoking on breast cancer, 500 healthy

 teenaged girls were recruited to participate in a study that tracked their smoking

 behavior and cancer incidence for five decades. This is an example of

a. a prospective study.

b. an experiment.

c. a retrospective study.

d. a single-subject approach.

c 56. Suppose that a recent study found an increase in heart and lung disease

 among people aged 50‑60. Further study revealed that, compared to people 20

years younger, these individuals tended to smoke more during their young

adulthood, because they were not aware of the health effects of smoking at that

time. This difference between individuals raised at different times is an example of

a. the placebo effect

b. a cross‑sectional approach

c. a cohort effect

d. a prospective study

c 57. Dr. Martinez is conducting an in-depth study of a patient exposed to farm

 pesticides. Dr. Martinez is probably using a

a. cross‑sectional design.

b. experimental design.

c. single-subject design.

d. twin study.

b 58. A reasonable assumption that can be made about monozygotic twins is

 a. they are likely to have many genetic differences.

b. differences between them are environmentally determined.

c. they will be reared in identical environments.

d. they are always same sexed.

d 59. In deciding which research methods to use, a researcher might keep in

 mind that

a. it is never appropriate to use experimental and nonexperimental methods in the same study.

b. nonexperimental methods can still support causal explanations.

c. nonexperimental methods are rarely helpful in science.

d. experimental and nonexperimental methods can be effectively combined in the same study.

**Short Answer Questions**

1. Provide a brief summary of Antonovsky's illness-wellness continuum. How does it differ from traditional definitions of health?

2. Review the two primary perspectives of the mind-body problem. How is the debate relevant to a discussion of health and illness?

3. Your job is to work with pediatric cancer patients. What developmental factors must you keep in mind as you proceed with your work?

**Essay Questions**

1. Ten-year-old Juan has been diagnosed with diabetes. Describe his likely experience living with the disease from a biopsychosocial perspective.

2. Compare and contrast the disciplines of psychosomatic medicine, behavioral medicine, and health psychology.

3. You are interested in testing the effectiveness of a newly developed treatment for back pain. Outline your approach to your research project.