

Chapter 1: Introduction

Test Bank

Multiple Choice

1. Lupe examines how social support may buffer the negative effects of stigma on the well-being of HIV+ gay men of color. Lupe is MOST likely a _____ psychologist.

- A. medical
- B. clinical
- C. health
- D. social

Ans: C

Learning Objective: 1-1: Describe how psychological factors influence health, pain, disease, and health care utilization.

Cognitive Domain: Application

Answer Location: Understanding Health Psychology

Difficulty Level: Medium

2. A team of campus counselors creates a campaign called “More Sleep, More Hugs” to promote student wellness. Is the campaign’s title a good one, based on information provided in the text?

- A. No. Hugs spread germs.
- B. No. Sleep leads to lethargy and depression.
- C. Meh. Sleep and hugs can’t hurt, but they don’t really do much for health, either.
- D. Yes. Sleep and social support are both positively associated with health.

Ans: D

Learning Objective: 1-1: Describe how psychological factors influence health, pain, disease, and health care utilization.

Cognitive Domain: Application

Answer Location: Impact on Behavior and Physiology

Difficulty Level: Hard

3. Hostility and optimism have _____ effects on health.

- A. no
- B. identical
- C. similar
- D. opposite

Ans: D

Learning Objective: 1-1: Describe how psychological factors influence health, pain, disease, and health care utilization.

Cognitive Domain: Comprehension

Answer Location: Impact on Behavior and Physiology

Difficulty Level: Medium

4. A woman's anxiety or fear regarding childbirth is _____ correlated with the length of labor.

- A. inversely
- B. not
- C. positively
- D. perfectly

Ans: C

Learning Objective: 1-1: Describe how psychological factors influence health, pain, disease, and health care utilization.

Cognitive Domain: Comprehension

Answer Location: Impact on Pain and Disease

Difficulty Level: Hard

5. Minimizing the damage caused by a disease is to detecting a disease at an early stage as _____ prevention is to _____ prevention.

- A. tertiary; secondary
- B. primary; secondary
- C. tertiary; primary
- D. secondary; tertiary

Ans: A

Learning Objective: 1-1: Describe how psychological factors influence health, pain, disease, and health care utilization.

Cognitive Domain: Analysis

Answer Location: Impact on Health Care Utilization

Difficulty Level: Hard

6. _____ prevention is illustrated by actions such as taking medicine to reduce the development of symptoms of AIDS once infected with HIV; engaging in regular physical therapy to recover from an injury; and following diet recommendations following a heart attack.

- A. Primary
- B. Secondary
- C. Tertiary
- D. Behavioral

Ans: C

Learning Objective: 1-1: Describe how psychological factors influence health, pain, disease, and health care utilization.

Cognitive Domain: Application

Answer Location: Impact on Health Care Utilization

Difficulty Level: Hard

7. Roughly speaking, the field of health psychology is BEST described as developing during the _____.

- A. 1960s
- B. early 1970s

C. mid- to late 1970s

D. mid-1980s

Ans: C

Learning Objective: 1-2: Summarize the history of the field of health psychology.

Cognitive Domain: Comprehension

Answer Location: The History of Health Psychology

Difficulty Level: Medium

8. Which historical view is MOST consistent with the idea that both the mind and the body influence health?

A. Hippocrates' view that health depends on an equilibrium.

B. Descartes' view that disease results from the breakdown of the body's machine.

C. Newton's demonstration of gravitational pull.

D. Pasteur's work in the role of microorganisms in causing disease.

Ans: A

Learning Objective: 1-2: Summarize the history of the field of health psychology.

Cognitive Domain: Comprehension

Answer Location: Early Views on the Mind–Body Connection

Difficulty Level: Medium

9. In the view of the textbook's author, the biomedical model of health is BEST described as _____.

A. not useful

B. incomplete

C. too subjective

D. overly broad

Ans: B

Learning Objective: 1-2: Summarize the history of the field of health psychology.

Cognitive Domain: Comprehension

Answer Location: The Failure of the Biomedical Model

Difficulty Level: Hard

10. The mind and body are seen as inherently connected in _____.

A. the biomedical model of health, but not the biopsychosocial model

B. the biopsychosocial model of health, but not the biomedical model

C. neither the biomedical nor the biopsychosocial model of health

D. both the biomedical and the biopsychosocial models of health

Ans: B

Learning Objective: 1-2: Summarize the history of the field of health psychology.

Cognitive Domain: Analysis

Answer Location: The Creation of the Biopsychosocial Model

Difficulty Level: Medium

11. Interactions between health care professionals and their clients may be influenced by ethnicity. This statement BEST reflects the _____ component of the _____ model of health.

- A. biological; biomedical
- B. medical; biomedical
- C. psychological; biopsychosocial
- D. social; biopsychosocial

Ans: D

Learning Objective: 1-2: Summarize the history of the field of health psychology.

Cognitive Domain: Application

Answer Location: The Creation of the Biopsychosocial Model

Difficulty Level: Medium

12. A team of faculty and counselors at a large high school introduces a program of interventions across the curriculum aimed at encouraging such feelings as joy, happiness, hopefulness, and pride among the adolescent student body. The program appears strongly influenced by a new field called _____ psychology.

- A. positive
- B. affirmative
- C. personality
- D. preventive

Ans: A

Learning Objective: 1-3: Explain factors leading to the development of health psychology.

Cognitive Domain: Application

Answer Location: A Change in the Meaning of Health

Difficulty Level: Medium

13. The textbook notes that nearly two-thirds of the deaths of those under 80 in the United States reflect the top 5 causes of death. Of these deaths, about one in _____ could be prevented by changes in people's behavior.

- A. five
- B. four
- C. three
- D. two

Ans: C

Learning Objective: 1-3: Explain factors leading to the development of health psychology.

Cognitive Domain: Comprehension

Answer Location: An Increase in Chronic Conditions

Difficulty Level: Medium

14. A particular state implemented a comprehensive smoking cessation program with the money it received in a settlement with large tobacco companies. With respect to such chronic conditions as lung cancer and emphysema, the program is an example of _____ prevention.

- A. primary
- B. secondary
- C. tertiary

D. social

Ans: A

Learning Objective: 1-3: Explain factors leading to the development of health psychology.

Cognitive Domain: Application

Answer Location: An Increase in Chronic Conditions

Difficulty Level: Medium

15. Of the leading causes of death in the United States, the MOST expensive is _____.

A. Alzheimer's disease

B. kidney disease

C. cancer

D. diabetes

Ans: D

Learning Objective: 1-3: Explain factors leading to the development of health psychology.

Cognitive Domain: Knowledge

Answer Location: The Rising Cost of Health Care

Difficulty Level: Medium

16. According to the textbook, "principles in health psychology can . . . be used to persuade people to seek medical care . . . to detect health problems at an early stage, when there are more treatment options available and these options are less expensive." Health psychology, therefore, can encourage _____ prevention.

A. primary

B. secondary

C. tertiary

D. behavioral

Ans: B

Learning Objective: 1-3: Explain factors leading to the development of health psychology.

Cognitive Domain: Comprehension

Answer Location: The Rising Cost of Health Care

Difficulty Level: Hard

17. Which statement is NOT a valid explanation for the rising cost of health care?

A. Life expectancy has increased.

B. More medical procedures are available to treat illness and disease.

C. Families are getting larger.

D. Technological advances, such as ultrasound, genetic screening, and chemotherapy, are very expensive.

Ans: C

Learning Objective: 1-3: Explain factors leading to the development of health psychology.

Cognitive Domain: Comprehension

Answer Location: The Rising Cost of Health Care

Difficulty Level: Medium

18. The oldest of these health-related fields is _____.

- A. health psychology
- B. psychosomatic medicine
- C. behavioral medicine
- D. behavioral health

Ans: B

Learning Objective: 1-4: Describe the influence of health psychology on other fields.

Cognitive Domain: Comprehension

Answer Location: Medicine

Difficulty Level: Medium

19. Which statement BEST expresses the relationship between behavioral medicine and behavioral health?

- A. Behavioral health is a subfield of behavioral medicine.
- B. Behavioral medicine and behavioral health are different names for the same fields.
- C. Behavioral medicine and behavioral health are different branches of psychosomatic medicine.
- D. Behavioral medicine is a subfield of behavioral health.

Ans: A

Learning Objective: 1-4: Describe the influence of health psychology on other fields.

Cognitive Domain: Analysis

Answer Location: Medicine

Difficulty Level: Medium

20. The field of _____ examines how social relationships influence illness, cultural and societal reactions to illness, and the organization of health care services.

- A. medical psychology
- B. behavioral medicine
- C. medical sociology
- D. medical anthropology

Ans: C

Learning Objective: 1-4: Describe the influence of health psychology on other fields.

Cognitive Domain: Knowledge

Answer Location: Sociology

Difficulty Level: Medium

21. That the predictors of health vary across cultures is of particular interest to professionals specializing in _____.

- A. behavioral health
- B. behavioral medicine
- C. medical sociology
- D. medical anthropology

Ans: D

Learning Objective: 1-4: Describe the influence of health psychology on other fields.

Cognitive Domain: Comprehension

Answer Location: Anthropology

Difficulty Level: Medium

22. Most health psychologists earn a(n) _____ degree.

A. PhD

B. MSN

C. MS

D. MD

Ans: A

Learning Objective: 1-5: Compare different training pathways and careers in health psychology.

Cognitive Domain: Knowledge

Answer Location: Training Pathways

Difficulty Level: Medium

23. Graduate programs in health psychology typically provide training in biological areas such as anatomy; the broad domains of psychology, such as personality; and social factors, such as race and culture. This training BEST reflects the _____ model of health and wellness.

A. biopsychosocial

B. neurological

C. sociocultural

D. biomedical

Ans: A

Learning Objective: 1-5: Compare different training pathways and careers in health psychology.

Cognitive Domain: Comprehension

Answer Location: Training Pathways

Difficulty Level: Medium

24. With respect to the subfields of psychology, a(n) _____ health psychologist is MOST likely to assist a firm in the oil-and-gas industry in protecting the safety and promote the wellness of offshore drillers.

A. environmental

B. clinical

C. occupational

D. educational

Ans: C

Learning Objective: 1-5: Compare different training pathways and careers in health psychology.

Cognitive Domain: Application

Answer Location: Training Pathways

Difficulty Level: Medium

25. A prospective health psychologist who enjoys working directly with people is LEAST likely to pursue a degree in _____.

- A. nursing
- B. clinical psychology
- C. counseling
- D. public health

Ans: C

Learning Objective: 1-5: Compare different training pathways and careers in health psychology.

Cognitive Domain: Comprehension

Answer Location: Career Options

Difficulty Level: Medium

True/False

1. Over 90% of patients with chronic illnesses fail to comply with recommended treatments.

Ans: T

Learning Objective: 1-1: Describe how psychological factors influence health, pain, disease, and health care utilization.

Cognitive Domain: Comprehension

Answer Location: Impact on Health Care Utilization

Difficulty Level: Easy

2. Writing about feelings can help people cope with cancer.

Ans: T

Learning Objective: 1-1: Describe how psychological factors influence health, pain, disease, and health care utilization.

Cognitive Domain: Knowledge

Answer Location: Impact on Health Care Utilization

Difficulty Level: Easy

3. For most of history, the biomedical model has been the MOST widely accepted model of health.

Ans: F

Learning Objective: 1-2: Summarize the history of the field of health psychology.

Cognitive Domain: Comprehension

Answer Location: Early Views on the Mind–Body Connection

Difficulty Level: Easy

4. Life expectancy has more than doubled since the early 1900s.

Ans: T

Learning Objective: 1-3: Explain factors leading to the development of health psychology.

Cognitive Domain: Comprehension

Answer Location: The Rising Cost of Health Care

Difficulty Level: Medium

5. Technological and scientific developments in neuroscience have had relatively little influence on contemporary health psychology.

Ans: F

Learning Objective: 1-3: Explain factors leading to the development of health psychology.

Cognitive Domain: Comprehension

Answer Location: Advances in Technology

Difficulty Level: Easy

6. The MCAT (Medical College Admission Test) now includes a section on psychology and human behavior.

Ans: T

Learning Objective: 1-4: Describe the influence of health psychology on other fields.

Cognitive Domain: Knowledge

Answer Location: Medicine

Difficulty Level: Easy

7. A certain amount of rudeness among medical experts is positively associated with the quality of care.

Ans: F

Learning Objective: 1-4: Describe the influence of health psychology on other fields.

Cognitive Domain: Comprehension

Answer Location: Medicine

Difficulty Level: Medium

8. Health psychologists do NOT work directly with patients.

Ans: F

Learning Objective: 1-5: Compare different training pathways and careers in health psychology.

Cognitive Domain: Knowledge

Answer Location: Career Options

Difficulty Level: Easy

Essay

1. Think about your life over the past year or so. Identify three psychological and/or social factors that may have had positive or negative effects on your health. Suggest how these effects may have occurred through health-related behaviors or physiological mechanisms where appropriate. Be as specific as possible.

Ans: A variety of factors may be mentioned. Stress, personality traits such as optimism, and social support are three examples. These factors may depress or enhance immune system functioning, as well as encourage or discourage behaviors such as getting too

little or enough sleep; healthy or unhealthy eating habits; and using or not using tobacco, alcohol, or other drugs.

Learning Objective: 1-1: Describe how psychological factors influence health, pain, disease, and health care utilization.

Cognitive Domain: Application

Answer Location: Impact on Behavior and Physiology

Difficulty Level: Medium

2. Javon suffers from chronic, severe headaches. Compare and contrast the biomedical and biopsychosocial models of health by illustrating how each model might inform the understanding and treatment of Javon's headaches.

Ans: Both the biomedical and biopsychosocial models consider the physiological causes of health complaints or illness. For example, both models might consider muscular tension or eye strain as potential sources of Javon's headaches. The biopsychosocial model, however, goes further than the biomedical model in considering the psychological and sociocultural factors that might contribute to Javon's experience of headaches. Anxiety, stress, cultural disapproval of expressing negative emotions are examples of factors that the biopsychosocial model might explore when a client complains of headaches.

The distinction between the model extends to treatment. Both models suggest that anti-inflammatory medicine, exercise to reduce muscular tension, and the correction of myopia and other visual problems are important elements in treating headaches.

However, the biopsychosocial model would also suggest the potential utility of relaxation training, meditation, and appropriate ways to express conflict and negative emotions in treating headaches.

Learning Objective: 1-2: Summarize the history of the field of health psychology.

Cognitive Domain: Analysis

Answer Location: The Creation of the Biopsychosocial Model

Difficulty Level: Medium